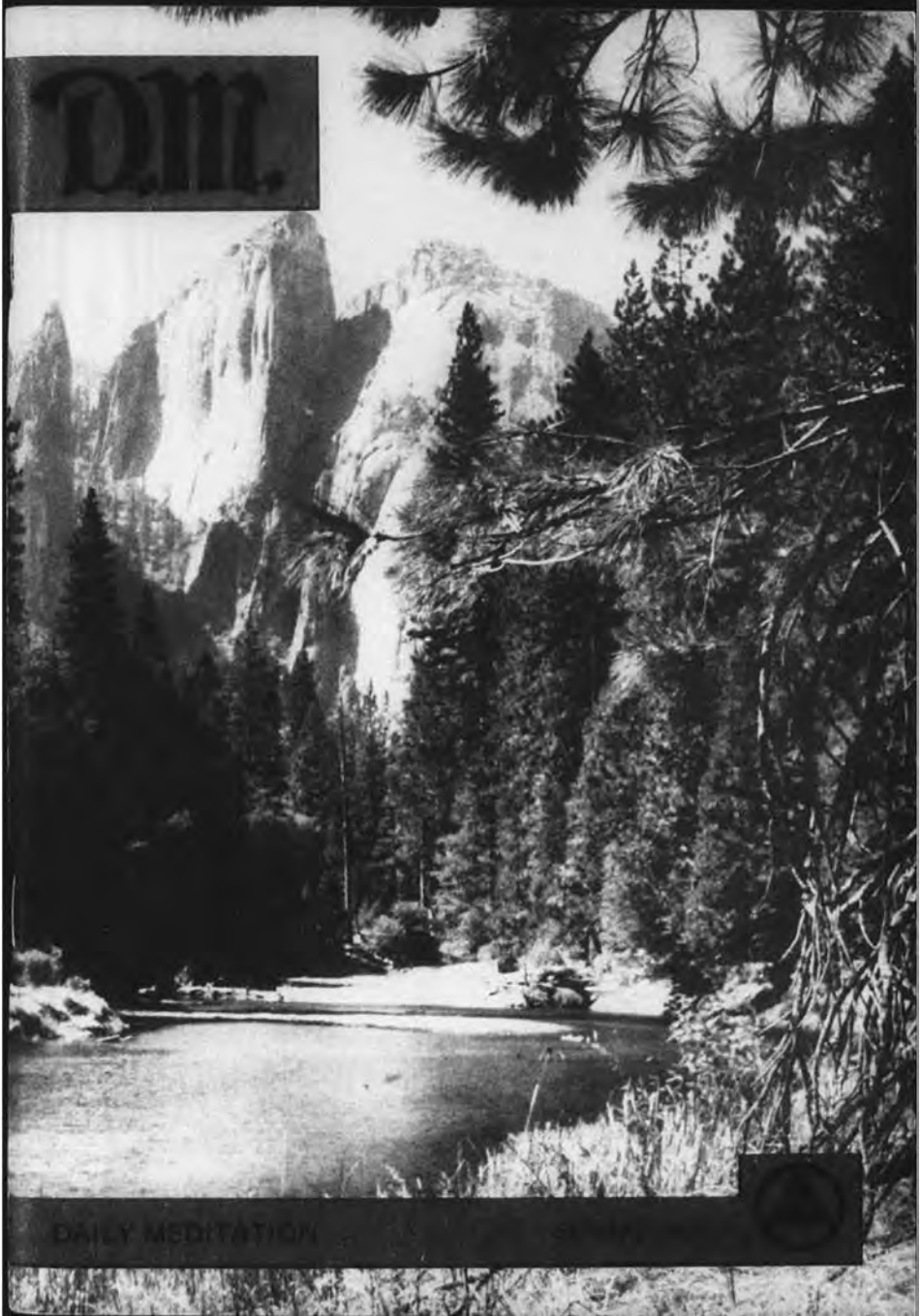

D.M.
DAILY MEDITATION

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- Alcohol fuels creativity.
- The human brain ceases physical growth early in life, just as the body does.
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Number One

Daily Meditation

"The Silent Guide to a Successful Future"

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FRONT COVER: By Harold M. Lambert Studios

The Thunder of Silence

●

In what has been termed his finest work, Joel Goldsmith brings alive for readers one of the most basic, yet startling, truths for spiritual living - the concept of inner Grace. In memorable words, readers learn the path to relinquish faith in anything and everything that keeps us from recognizing this Grace. As we become aware of the power of Grace for our lives, comes the serenity of an unforgettable revelation.

Based on his own deeply felt personal revelation, the author awakens readers to unchanging truths. *The Thunder of Silence* is a book that will speak to all, regardless of background. Through it, readers will realize a call to freedom, enabling all to become a force of harmony and health to those around them.

Says Goldsmith:
"The purpose of this book is to set you free:
- **free from bondage to any person or organization;**
- **free from a false and illusory thinking;**
- **free to be united with God;**

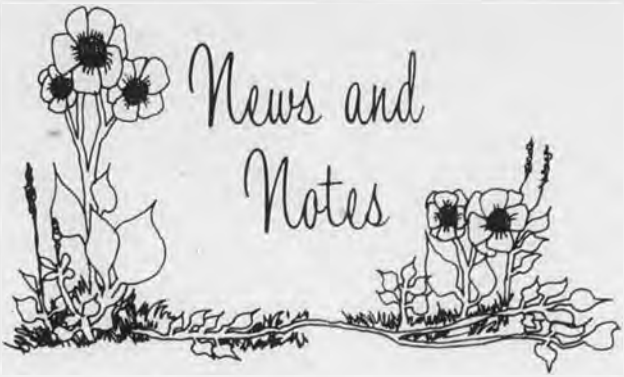
for this is the only strength there is."

Goldsmith is a favorite author with readers of *D.M.*, and his books have been used by thousands to broaden their insights, deepen their knowledge and discover the inner liberation of spiritual maturity. In *The Thunder of Silence*, Goldsmith presents the fruit of years of experience and meditation. As an author and lecturer, he has studied the spiritual literature of the world. His own personal comment on the work was, "The truth stated in this book has never been fully revealed before, yet it is the absolute basis for true spiritual living."

●

The Thunder of Silence is a "must" for Mayan students.
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This is the time of year for the "new look". Newspaper advertisements, carrying illustrations of wearing apparel all stress the "new look" for the "new you". But the "new you" they are talking about is the you that shows on the outside; they are not thinking about the spiritual you that is within.

And at this time of the year, Mayans everywhere think of new beginnings. It is the time of renovation, discarding of old habits we have outgrown in forming a new life, new ways, new courage, new appreciation of those things that have been given to us. It is a time for re-evaluation of life, a spiritual renovation, and the renewal of faith.

So, when we hear people speaking of the "new you", let's take stock of ourselves. Let's make the "new me" an inner change as well as an outward one. Let's resolve to gain more spiritual understanding, more purity of spirit. Then, a happy and glorious Easter this one will be as we gain a new vision of the risen Christ. Our hearts will be on things above and we will be drawn upward to a higher life. We will know more of what it is to live with Christ, by Christ, in Christ, and for Christ.



Companion Florence McIntyre of Ohio is a Christian actress and singer. She performs in *The Messiah* and *The Passion* Play for the past three years with a group in her area. Companion Florence just celebrated her 77th birthday and her 53rd wedding anniversary. "I feel close to Jesus as my Beloved Companion and this has lifted me, given me hope, and challenged me to look higher to dream and to long for more of what He has for me," she writes. "It's a lofty desire for the finer things that I might

live to serve Him and others." What a wonderful septuagenarian! She is an inspiration us all.



Companion Philip Neuscheler is in the service of our country, he wrote while en route to Saudi Arabia with Operation Desert Shield. A Lieut. Colonel, he has been placed in a position of great responsibility and asked that we forward his lessons to him there. "Each lesson accompanies me and will be read again," he said.

Even as this issue of *D.M.* is being prepared, the situation in that area of the world is uncertain and many families are being separated from loved ones. May we "pray without ceasing" for all our service men and women, that God will be very close to them, giving them the courage and faith to face much danger.

Another letter requesting a change of address came from Companion Wanda Wilson of Arizona. For some time, she had been tired of city life and longed to get back to the basics of country living. God has answered her prayers and she has moved to a home in the Ozark National Forest. "I love it! I awake to birds singing, I walk in the woods and I'm getting acquainted with Nature again. It has been my desire to write some books and I needed the solitude to do it," she writes. Companion Wanda wanted to make sure we had her new address promptly so she wouldn't miss any of her Mayan lessons. She is enjoying them more and more in her new peaceful surroundings.

"As of January lst I will have a new address. I'm moving to Texas!" wrote Companion Michael Nedbal. He will be attending graduate school in the field of genetics and adds that the reason for his acceptance is partly due the Mayan teachings.

Companion Rebecca Bachus of Texas has been quite busy - planning a wedding, the wedding itself, the honeymoon and a new address has made a considerable change in her lifestyle. Our prayer for Companion Rebecca is that the changes she has made in her life will bring great happiness.



Traveling all over the world, Companions enjoy reporting their trips so others can share in the excitement. Companion Sofia Schmalhofer of California just returned from six weeks in Germany. She had a wonderful time with her brothers and sisters and their families, and also spent three days in Budapest, Hungary with her oldest brother. While there, they celebrated the official opening of a factory her brother has established there as an extension to the one he owns in Germany. During her stay in Budapest, Companion Sofia experienced all of the excitement of the "free country".

Companion Sofia says that this next year will be a very difficult adjustment for many families and she requests all the Mayan members to pray for them.

Companion Gerald Moran of Maryland had the opportunity to visit the Maya ruins at Tulum, Mexico. He was very impressed and is looking forward to future Mayan studies.

Also from Maryland, Companion Helen Bailey traveled to China. She stayed in Beijing and took one train trip of 10 hours out of the City. The people are loving, friendly, helpful and peaceful.



Companion Rose Achey of Pennsylvania and her daughter took a three-day trip to Virginia. They drove down Sky Line Drive and there was so much to see that by the time they got to the other end of the Drive, they were both ready for an evening of rest. On the second day, they toured Monte Cello, then in Gettysburg toured President Eisenhower's home. Blessed with beautiful weather for the trip, Companion Rose was ready to get home and prop up her feet after all the walking they did.

Companion Alma Nutter of New York has been "running around while the weather is good." She went to her grandson's wedding in Missouri and then on to Florida to visit friends. After coming home she had one week to pack for a trip from Montreal to Geneva, Switzerland visiting cousins and friends for nine weeks. Later she went to Maine to see her two daughters. Companion Alma is a "super knitter" and sends at least a dozen sweaters every month to "Operation Blessing". She also makes baby quilts for missions. After her long, busy days, Bible study is Companion Alma's bedtime enjoyment.

"I became a grandmother to twins, Katherine and John!" writes Companion Anna Pyshnik of Pennsylvania. She had visited her daughter and son-in-law and the precious babies when she wrote.

Companion Peggy Frankevich of Pennsylvania took her children on a vacation to Disney World in Florida. They had been wanting to go for five years and were excited to finally make the trip. Something else she had always wanted to do was to be a writer and now she is enrolled in the Institute of Children's Literature. Doing well in her studies, Companion Peggy says she is truly becoming a good writer "Miracles can happen! Thanks to God and all my companions."

A newsy letter from Companion Vera Mae Reisbig of Washington sends the news that her middle daughter and oldest grandson had recently visited her for a week; her youngest daughter and husband are moving to Alaska; and her son is doing very well in his new line of work. Between visits, she is now designing her own clothes with a new sewing machine to assist her. To relax and

(Please turn to page 92)



Claude M.
Bristol

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Editorial Letter

Dear Friends:

The story is told of three young trees growing in a forest. As are the young, the three were filled with dreams of splendor that would be theirs when they were straighter and taller than any of the other trees around them.

"I shall be chosen for a king's palace," said the first, "and I shall provide shelter for royalty." "I shall be the mast of a fine sailing ship," decided the second, "to withstand the winds that take rich traders to distant lands." There was a long silence, and then the third spoke, "I believe I only wish to be so tall that, in gazing at me, men must look upward to the light."

The day came when woodcutters searched the forest and marked the trees with their notches. The sound of their axes rang through the air until the moment when a crash announced the fall of each tree in turn. Branches were trimmed from the trunks and measured steps fading into the distance told of the departure of the three trees from the forest.

The first tree was used to replace rotted timbers in an earthen stable and from the remaining pieces a manger was built. But one night a newborn Babe was laid in that manger and kings came from afar off to worship Him.

The mast of a simple fishing boat was made from the second tree. But one day a crowd gathered at a seashore and a Man stepped aboard that boat and preached to the multitude.

I often wonder how the third tree felt when it was made into a symbol of disgrace - a cross - and if it ever realized that upon it was raised the Light of the World.

By comparison with our dreams, sometimes we may feel the place of service we attain in life is not very meaningful and important, and that we could be so much more useful somewhere else. We forget that whoever we are, in whatever work we do, we can be used for His glory and that is the highest honor any person can receive.

A manger, a mast for a fishing boat, a cross - how insignificant, even distasteful perhaps, each seemed to be. But God used each, just as it was and where it was, and each became an ageless symbol of the Risen Christ through Whom is our redemption and life.

Rose Dawn



Palm Sunday's Calmest Participant

Morris Chalfant

NEW YORK CITY has a history of enthusiastically welcoming heroes with gigantic ticker tape parades. When Charles Lindbergh returned from his historic 33 1/2 hour transatlantic flight, the amount of litter picked up after a parade in his honor weighed 1,750 tons. General Eisenhower, returning from World War II, was celebrated with 77 tons of paper; President Truman was showered with 50 tons of paper; Douglas MacArthur, after being released from his Far East command, returned to a hero's welcome enthusiastically expressed with a shower of 3,000 tons of paper.

Now consider this: When Jesus, the Messiah, seated on a donkey, rode into Jerusalem one week before Easter for the first Palm Sunday celebration, the applauding crowds did not welcome Him with a ticker tape parade; post-celebration paper cleanup was, therefore, unnecessary.

Instead of throwing ticker tape paper, the crowds waved newly-cut Palm branches. For their King, they made a carpet of cloth by laying down their own garments in front of the historic procession.

"EMOTION-PACKED," is the only way to describe the first Palm Sunday celebration. Crowds were singing; children, caught up in the excitement, were skipping and dancing; even the disciples, uncertain of what was happening, were caught up in the enthusiasm.

The calmest person in Jerusalem that day was that strange King on the borrowed colt; for although He knew how volatile the situation was, He was no agitator, He was no demagogue. He hadn't entered the city to spark revolution; He had come to fulfill prophecy, prophecy like that of Zechariah when he said, *"Rejoice greatly, O daughter of Zion; shout, O daugh-*

ter of Jerusalem: behold, thy King cometh unto thee." (Zechariah 9:9)

So Jesus accepted the cheers and the Hosannas and the acclaim; He listened knowingly as the throngs cried, *"Blessed is he that cometh in the name of the Lord,"* for all of this was fulfillment of prophecy; all of this was the working out of God's plan. All of this was prelude to the eventful week that was to follow, a week that would see Him cursed and crucified on Friday, but resurrected on Sunday!

IT IS EASY to welcome Jesus on Sunday in a church with joyful music, sweet flowers, and a holy atmosphere. What is our response to Jesus on Monday when He comes to test the sincerity of our welcome the day before? What we think and what we do, in response to his words and in reaction to his cleansing purpose, decide what we do with Jesus the rest of the week.

He speaks of his house; He means the human heart. He quotes God's plan for the human heart to be a place of prayer, prayer for all nations. God made man to be the temple of his Holy Spirit. When Jesus comes to take His rightful place in that temple does He find it as a place of worship?

When Christ comes to the temple, He always captains the heart, for that is the seat of man's affections. Out of the heart proceed the real issues of life. Napoleon once said, "Christ asks for and receives the human heart, and he wants it all to himself."

WHEN CHRIST comes to the temple, he controls the physical being of man. During the early days of Christianity, a damnable theory was let loose in the world: That man could keep his spirit clean, but his body could be given over to every evil. This theory is still believed by some.

But nowhere does the Bible support the idea that a person can have a spirit that is right with God and a body that is dissipated, corrupt, and at war with God.

By a double process, your body is God's. He created you. *"In the beginning God created man."* His Son redeemed you. *"Ye are not your own . . . Ye are bought with a price: therefore glorify God in your body."* (I Corinthians 6:19-20)

Paul said, *"Christ is . . . the savior of the body."* (Ephesians 5:23) How can anyone glorify God in body when his flesh is befouled? *"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."* (Romans 12:1)

It will take much clean living and honest discipline to

maintain a holy and acceptable body. Why not let Christ help you?

WHEN CHRIST comes to the temple, He holds absolute sway over our talents. One of the severest pronouncements by Christ was directed at the man who locked his one talent in the vault of do-nothing. We like to denounce those who indulge in sinful practices, but often we are as guilty because of doing plain nothing.

When Christ demanded allegiance from some men, one of them wanted to bury his father, another to say farewell to his family, another to go fishing. But Christ answered them by saying, *"Let the dead bury the dead;"* . . . *"Put your hand to the plow, and do not look back;"* . . . *"Come, follow me."*

I have actually seen heart temples cleansed: I have seen the harlot become respectable, the thief become honest, the liar become a messenger of the good news of the gospel, and the light against controlled substances won. And why? Because Christ came into the temple of the soul.

But if we do not invite Him, the King of glory will not come in.

IF WE MISS this message on Palm Sunday, we have exchanged the kernel for the husk. The Palm Sunday message is always one of salvation: Of the entrance of Christ into the human heart; Jesus coming into his temple.

Jesus stands at the heart's door and what are our reactions? Do we welcome Him with the song of joy and the flower of commitment? Do we question His authority and resent His interference? Do we fear the effect His cleansing will have?

Monday morning brings the test of the validity of the song, *"Blessed is he that cometh in the name of the Lord."* Be careful how you meet Him when He comes to your house, to your heart? How easy it is to find ourselves among them that cry, *"Away with him! Crucify him!"*

"King of my life I crown Thee now. Thine shall the glory be" is the witness of His many subjects scattered the world over. He is not "a king" but He is *"King of Kings and Lord of Lords."* Though a king, he was plain in revealing by ever humble means that *"My kingdom is not of this world."* Isn't it tragic that even in our day so many fail to see the real, true aspect of the kingdom of God?

Who is this king to you? He came into the world that He might be your king and now sits at the right hand of the throne of God praying for you.





The Wind Whispers

God produces a picturesque miracle when Spring is first born in the mountains. The splendored silence of towering mountains is interrupted only by the soft crunch of my boots as I climb the spiraling trail. Now and then, a bird is frightened by the sound of my steps and takes flight, screaming at me.

How white the mountain world is covered, except for a flash of jagged purple or curved brown where the sun has lingered. On the ground's stark whiteness are impressions of small animals rushing home to watch me from the safety of their nests. They cannot know that I mean them no harm, but only wish to share this splendor of the snow.

The Scrub Oaks stand with thin, brown arms bending under clusters of snow. Here and there, the bark of a tree is stripped into white patches where a graceful deer have fed.

The wind stirs and whistles melodies of ice and the giant pines move gently to shed the snow still resting upon their wide, black-green needled boughs. The clean mountain air smells crisp with the scent of the pines and lends itself to brisk inspiration.

On the rock-faced mountains, the snow portrays the guise of a smooth white reservoir, with white rivers that separate and flow into the crevices and canyons. Animal chatter that echoed down from the wide mountain has been silenced at my approach.

A meadow stretches like a sea of white foam about me. This expanse of land fills me with awe. Mountain tops form castle towers that surround me. I feel as if I am but a speck upon a white, isolated world. But I am not alone for even as I stand in the meadow, the animals have started up their chatter safely in the brush. I am sure that I am the subject of their gossip, as I intrude upon their world and praise God for this day upon the softness of the snow.

Across the meadow, my boots push out impressions. Beyond felled logs that are now big white lumps, I can hear the gradual trickles of crystal water seeping through a snow-laden stream. I follow the stream downhill to where the trickle of water grows and pushes more water into rushing gushes that spatter with frigid frenzy upon grey boulders. The white-and-crystal fury races to become rapid rivers that will rush clear and full into the valley.

It is winter still, but in the majestic silence of mountain whiteness, the wind whispers a message to my heart, "Spring is coming . . ."

Starrlette L. Howard

The WHOLE ARMOUR Of God

Mary Francess Froese

AS I PUT on my armour this morning, meditating on each piece, the Lord brought new light to my blind eyes.

"For we wrestle not against flesh and blood, but against principalities and powers, against spiritual wickedness in high places, against the rulers of the darkness of this world... against spiritual wickedness in high places. Wherefore take unto you the whole armour of God that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore with your loins gird about with Truth." (Ephesians 6:12-14)

Lord, you have brought me into truth ... truth in the innermost parts. Liberating, enlightening truth ... Lord, *you are truth! "and having on the breastplate of righteousness..."* (vs. 14)

Your righteousness is without gile. It is chaste, and holy, honorable and virtuous. Mine is as filthy rags. I thank you that I can put on your righteousness . . . every fiber in your mortal body is righteous . . . *you are Righteousness! "and your feet shod with the preparation of the Gospel of* Peace." (vs. 15)

LORD, YOU PROCLAIMED the living Gospel when you became a man and you have prepared me with your Word. In reading and learning your Word I see . . . *you are the gospel of Peace! "And take the helmet of salvation."* (vs. 16) Lord, I have been saved, I am being saved, I will be saved. I was born anew when you cleansed me as I repented from my sin. As I walk with you I am being saved from daily sins, every part of me is coming into your full salvation as I learn to

conform myself into your image. I will be saved out of the world to live with you in perfection when I leave this phase of life. Without you there is no salvation . . . you are salvation! *"Above all, taking the shield of faith wherewith you shall be able to quench all the fiery darts of the enemy."* (vs. 16)

Lord, I am enveloped in your faith as I look to you for provision in my life and the life of my family. As I acknowledge your control and Lordship in every area of my life I know that no harm can come to me from the enemy. I trust my life, my family, my very all, to you to do with us what you will . . . to teach, chastise, uplift, admonish . . . whatever you will. I believe in your goodness your fairness. I know that even dark days come at your bidding in order to teach and reprove your children and I submit my will to You in total faith. My faith is complete in you . . . *you are faith! "And the sword of the Spirit, which is the Word of God."* (vs.17)

"Your word is a lamp into my path, a light unto my feet that I might not sin against You." (Psalms 119:11&105) I hunger after Your Word. It has become as the sweetness of honey to my spirit. I love Your Word. It is Your personal guidebook to me. I know that it is the weapon of my warfare. It instructs me in righteousness. It is sharper than any two-edged sword. *You are the sword of the spirit.*

WHAT INSIGHT you have given me. When I put on my Armour, I am putting on *You.* You are the Armour. How many times in scripture are we admonished to put on Christ, to die to self and allow you to embody us. Here, again, it is *You.* Praise Your Matchless Name! *"Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all the saints."* (Ephesians 6:10)

My mind, my spirit, rejoices in God my Savior. How I long to share what You have given me. How I long to be eloquent with words of love and beauty of my Savior. My love and desires are always on my lips. My spirit prays constantly. Sometimes I feel that I no longer function fully on the fleshly plane, but am caught between the worlds. I lift up my friends and loved ones and know that You hear and apprehend my prayers on their behalf. I pray that You will make us "Eagle Saints" that we might soar into the heavenlies as we learn more and more. *"He that dwelleth in the secret places of the Most High shall abide under the shadow of the Almighty."* (Psalms 91:1)

Father, help us to learn to dwell in those secret places, for there is Joy and Victory.

How To Walk With Joy



Ken Purcell

One walks alone upon a busy street where hurried throngs are rushing to and fro. Another walks, in fellowship complete, where seldom other mortals care to go.

OUR PATTERN of morning walks began as a firmly delivered "prescription" following my wife's open-heart surgery. At the time it seemed to be a "prescription" unsuited for a couple of retirement age.

The unyielding concrete of the sidewalks held something of a threat to muscles grown less than flexible, to bones no longer capable of offering a cushion of ready resiliency. A wee bit stronger than usual breeze, or a darker than usual sky was seen as logical and reasonable excuse for just skipping a day now and then. But the "prescription" soon became a tyranical "boss", so we walked.

Some morning physical problems, both slight and severe, labeled our walks "torment", as troubles of both spine and limb cried out in violent and continuous protest. Still we walked.

CAME a morning when the Spirit within had quite enough of the groaning tirades of the flesh; a time when mind repulsed the whinings of the body members. That morning we shared a from-within order to strive to behold all the glories of the newborn day.

From powerlines overhead, Doves sent forth their plaintively sweet hymns of praise and thankfulness. Echoes from beyond our vision informed us of true fellowship existing there. Though their language defied our mortal understanding, our hearts made a silent contribu-

tion to their expressions. We found sweet joy in a timeless unity.

The clouds, which had in the night joined hands to wring from the skies a blessing of gentle rain, were now pursuing their separate ways across the blue canopy of sky. They were going we knew not where; only that they seemed a little reluctant to leave. Somehow we saw in their going the promise of their eventual return, and in that life-giving promise we found very special, very refreshing joy, as we, like them, pursued our own travels through the great expanses of God's glorious creation.

HERE and there on the sidewalk were tiny leaves recently separated from their kin among the branches of the trees. In their silent repose, each leaf wore upon its upturned face small round gems of water. We bowed for a closer look, finding in each water-gem a reflection of the tree from which the leaf had fallen. Silent in the early stillness of the state we call "death" they remembered. What a joy was ours, to realize that even in death their Creator had graced them with jeweled crowns of life.

Along the sidewalk, green lawns appeared as fields of diamonds, with each blade lifting frail hands skyward in response to blessing so richly given. Were they joining in silent hallelujah, or petitioning for yet more of His loving care? What joy we found in walking past fields of diamonds for which we knew no greedy desire to gather and hoard.

Small children in laughing groups, lunchpails in hand, were making their jostling way schoolward. One slender lad, mischief gleaming in his sky-blue eyes, flashed a deadly finger-gun at me. I found myself sadly outdrawn. My demise was, true to western tradition, sudden and certain! However, in the moment of my miserable "defeat" sorrow was swallowed up in a tide of youthful exuberance. We joyed in the enduring reality of youth in the human heart.

HOW does one walk with joy? Walk big beneath the bigness of God's sky, but grow not so big as to cast a bemeaning shadow upon even the least of His creatures. Join all nature in the universal language of lived praise and thankfulness. Let not the glory of the eternal self be soiled by the grasping hands of self-aggrandizement. Seek to find in each moment those elements by which it gains its own unique and special worth in His plan. Join in the glorious revelry of His total creation, for He has willed that all who truly behold His works shall forever walk with joy.



O. J. Robertson

Let The Tree Teach You

MANY words have been written, in poetry, songs, fact articles, and fiction, in praise of trees. All this praise is justified, for the tree is one of the most wonderful gifts of creation.

Did you ever consider the tree as a teacher of abundant living? If you follow its lifestyle, you can find a pattern for successful and happy living.

• *Be useful.* Trees are certainly useful! Think of all the different foods, medicines, and special products that come from trees. The green leaves make summer shade. The dead leaves of autumn decay, enriching the soil. Roots hold soil in place. Branches help break the force of rain and wind.

Is your life useful to yourself and to others? Are you good for something? If you have a job, do you give your employer his money's worth in services or products you produce?

• *Be steadfast.* A tree is sturdy and strong. It withstands the forces of wind, rain, and snow. Do you stand up under adversity, or do you succumb to pres-

sures and make unwise decisions? Do you let someone persuade you to follow a course of action that is against your morals or convictions? Be strong in your convictions! Stand firm, like a tree, for what you know is right!

• *Look up.* In a great forest, each tree must grow upward to get its share of precious sunshine. If trees gave up "when the going gets rough" as some people do, the forest would, in time, disappear. So, be optimistic! Look for the good in life. There are good things and blessings around you. Troubles may come, but they disappear sooner if you "look up" like the tree.

• *Keep growing.* Each year, a tree produces new leaves, twigs, flowers, and fruit. The top grows taller. Branches extend. A new ring of wood, known as the annual ring of wood, grows on the outside of the trunk just under the bark. You can grow, too, by learning new skills, trying new ideas, giving up old ways of doing things when a new way proves better.

Beware of stagnation. Develop a hobby. It might turn into a productive enterprise.

• *Be as independent as you can.* Each tree takes from the soil its needed water and nutrients, its necessary gases from the air. There are no handouts. As long as you can do for yourself and supply your own needs, do so. The energetic are the strongest members in any society.

• *Be beautiful.* The foliage, flowers, fruit — even the shape of a tree — add beauty to any environment. You can be beautiful by being kind, helpful, and considerate of others. Give praise when praise is due. Be a friend to those who need a friend. Share your time and your talents. The inner beauty of an individual can be a greater and more rewarding asset than physical attractiveness.

• *Enjoy living.* Have you noticed the vibrant sparkle of trees in sunlight, the glistening of leaves dripping with rain, the delicate loveliness of bare branches trimmed with snow? Surely trees enjoy these and respond to them!

Have fun yourself. Go fishing, camping, hiking. Study nature. Plant a flower or vegetable garden. Join a club. Read a book. There are so many things to enjoy, why waste a single minute being glum?

• *Reach out.* In the forest, the branches of trees touch and mingle. You can reach out to those close around you, to those you meet for just a few minutes, to people who may be miles away,

even strangers in foreign lands. Smile. Say hello. Write a letter. Phone someone: A schoolday friend, a dear teacher, a relative you haven't seen for a while. Visit a shut-in. Stop for an hour at a rest home. In your prayers, remember those you love, or anyone who needs heaven on his side. Give what you can of your money and your goods those in need. A little can help a lot.

THE stateliest pine reaches out to the scrubbiest oak. Shake hands with the beggar as well as a governor. When you touch someone's life in a positive way, you reach out as trees do, a more appreciative understanding of people and things around you will be half of your reward. The other half is a better understanding of yourself and seeing your purpose for living.

Shakespeare said, "One touch of nature makes the whole world kin." Our word "root" comes to us from nature. Figuratively, it's that from which anything derives origin, life, vigor. The dictionary defines it as the underground part of a plant, through which moisture is absorbed and nourishment derived. It also anchors the plant. What is rooted is certainly that which is imprinted deeply and left firmly established.

The works of many artists are based on earthy subjects — weathered tree roots, dried plants, caverns, rocks. Their drawings and paintings lure us beyond frills toward a sense of continuity. Other artists use earthy elements as a point of departure for metallics: gilded tree roots, rocky jeweled formations, the gentle veils of sparkle from earth contrasted with gold, suede and mica.

Of all the roots found in botany books, from the tap-rooted beet to the tuberous dahlia, no two are the same. Like all of nature's creations, each one is an original, and our own creative powers are nurtured in closeness to nature. When, through intruding occupations or thoughts, we become discouraged, objects from nature — the plants of a garden, the trees of a forest, the flowers of a meadow — lead us to become self-nourishing.

Goethe, the most universal of German poets, furnishes the idea of "imaging" a plant as his way of going to sleep at night. A plant suggests to us that it began from a root — a procession of roots, nature's and our pageant, ongoing and eternal.

Rightly versed in its use, we could even call upon "roots" as a "happiness word" for the day. For words rooted in nature can withstand climates of sophistication, popularity, or conformity. Our values never ring hollow when they have a base in an attitude toward nature.

Root implies a keeping in tune with the winds, the stars, the hills, the universe. Job 12:8 tells us, *"Speak to the earth, and it shall teach thee."*

- Juliana Lewis

The Impact of Prayer

Evelyne Lein

A YOUNG MOTHER listened to her kneeling six-year-old's bedtime prayer, "God, make my doggie have puppies; send the rain, we need flowers bad; bless Mommy and Daddy and I guess, my sister. About girls, God, you know best."

The mother closed his bedroom door with mixed emotions. For, she realized her son had never confided these comments and requests to her. Insight came. "God is a true Friend, Someone to whom we can unburden ourselves." Her young child believed God could do anything! From then on, her own prayers took on a less perfunctory style and became more meaningful.

How sweet are the avenues of prayer, whereby we reach that Someone who is always listening and Who lets His serenity fall as a warm rain upon our parched souls.

An 18th century Eastern sage writes, "The purpose of prayer is to find relief from the heartaches of life by communicating with One Who will give ear to what is said, and Who alone can heal the sorrows of the soul."

Prayer, in another definitive way, is the desire of our own consciousness to become attuned to our Creator. In sincere prayer, we convince God we are anxious for His guidance and need His intimate companionship.

HOWEVER, there can be several states of prayer. There is praise, when one's heart is full and becomes aware whatever unforeseen happens to us, God knows about it and allows Him the praise and glory to see us through. There is Thanksgiving, when we acknowledge our many blessings, rather than taking them for granted. There are prayers of petition or need, when one faces a crises and cries to God to sustain our loved one and give us solace and faith. And who doesn't need daily, a prayer of penitence? Penitence and forgiveness for our very thoughts, and unkind words.

The prayer our Lord taught us completely encompasses these many forms of prayer. We hallow His name in praise. We petition when asking for our daily needs. We experience cleansing by forgiving others and asking forgiveness. We express thankful acknowledgement, *"For Thine is the power and glory."* Christ can be our guide in prayer for the Bible tells us He prayed before dawn, all night in the hills, in the garden, in the evening, and He faced His last crises in prayer.

St. Paul advised the Thessalonians to pray without ceasing. (1 Thessalonians 5:17) And we can do this, for prayer can be said or thought any time and any place. Praying without ceasing means to remember God at all times and circumstances. When we drive to work, we can be thankful we have bodies that can serve us. When we hear music, we can be grateful for hearing. Seeing a sunset or a majestic mountain, we can praise God for eyes that see. Breathing prayer into every act is praying without ceasing and nourishes the soul. Silent prayer is beautiful, as sometimes it is better to have a heart without words, than words without heart.

PRAYER CHANGES the one who prays. I have found it relieves the mind of tension. It releases hope and energy to face life. It has the capacity to transform man's character. Prayer opens our mind to higher aspirations. I often pray a simple prayer for peace of mind and it appears the result is everything I need or want because my needs and wants are few when my mind is tranquil and peaceful.

When I hear someone mention my name in prayer, it is a humbling experience. During a traumatic happening in my life, I suddenly became calm and felt uplifted. Later, I learned someone had been praying for me, at that precise time. Every one of us needs to feel he is not alone, that he has a ready friend during his struggles. Once, during a time of stress, I received a card from my sister that read, "When things get rough, remember the hugger (herself in a picture) is on call 24 hours a day." God can be that "hugger" and is always on duty, someone whose "everlasting arms" embrace us in our prayer.

As we all know, many wondrous things happen when we pray for others. We become channels through which God's power can flow. We enter into a partnership with God for the good of others. We align our thoughts with Divine Mind, creating a mighty force. When praying for those with whom we have disagreements, we cannot help but be more charitable to

them when we take them into our prayer chamber. Healings take place in ourselves and in others through prayer.

THERE ARE many biblical promises that something happens to us and others when we pray: *"The Lord restored the fortunes of Job when he prayed for his friends."* (Job 42:10) Our Lord promised, *"Pray to thy Father which is in secret and thy Father shall reward thee openly."* (Matthew 6:6)

Perhaps no better description of the profound impact of prayer is that found in the story of an old peasant who almost daily trudged into an English countryside church, where he just sat quietly. One day, his face radiant, he told the sexton, "I like to come here. I look at my Lord. He looks at me, and we both are happy!" In prayer, we, too, look to our Lord and become happy. Believing in His goodness, that goodness can reach right down to fill our need, be it peace of mind or as the little boy believed, "about girls, God, You know best!"

Prayer is its own answer when we say, sincerely, *"Thy will be done,"* for our Lord said, *"Your Father knoweth what ye need before ye ask Him."* (Matthew 6:8) It is then we realize that to unburden ourselves, we need only utter a quiet and reverent, *"Our Father."*



Heaven Can Wait

Heaven can wait with Spring at my door
and a sky of blue overhead.
Heaven can wait, for what is Spring for
if not that my senses be fed.

The willow's aquiver in lacy new gown,
it dances in each passing breeze.
The meadow's dew-sprinkled, littered with lambs,
birds trill their wild melodies.

Heaven can wait. It could not compare
to this lyrically lovely land.
My heart's gone aroving on buttercup hills.
I bow to sweet Springtime's command.

Beth M. Applegate



LOOSE ENDS

Deborah Smith

"FINISHED!" I declared as I pulled the final thread through the loop with my crochet hook. Giving it a little pat of satisfaction, I prepared to toss the delicate pink yarn rose into my needlework basket until I could complete 29 more to be joined with it. It is at times like these that I am glad women have to carry babies for nine months! Any shorter time and I'd never finish a full afghan!

I looked at the dangling thread and shrugged. "I can weave in the loose ends later," I told myself with a yawn. Then I stopped. It was one of those still moments when you feel the gentle stirring of the Holy Spirit and you know something important is right around the corner. I looked at the yarn rose in my hand, turning it over and viewing it with fresh awareness.

Slowly, I inserted my hook through several stitches at the center, latched onto the loose end, and pulled it gently through, securing the thread firmly.

"How many times each day do I do this?" I mused, eyeing the lacy rose in my hand. "How many things are left half done with the promise of tomorrow?"

HOW MANY times have we left spiritual things undone, waiting for some nebulous future moment of leisure? Have you ever felt the Holy Spirit's leading to call a particular person, but put it off? Perhaps it was time for the kids to come home from school, or time to fix dinner, or too early in the morning, or too late in the evening. Or maybe you worked hard all day and just want to relax. And before you knew it, hours turned to days and days turned into weeks, and you missed giving that word of encouragement during a dark time, or that moment of strength

in an hour of weakness. Have you done this type of procrastinating? I have, and the realization is painful. Not only have we let those in need down but we have disappointed our Lord by our own carelessness.

How many times have we vowed to rise extra early to spend time with the Lord, only to roll over with a big yawn, and catch a few minutes of extra sleep? Or have you ever decided firmly to read the Bible through in a year, or complete a study course, only to find your concentration and diligence ebbing after a short time? And by allowing this distraction, you have missed some choice morsel with which the Lord wanted to nourish you.

THERE is encouragement for us in God's Word. In Jesus Christ, there is no condemnation when we fail, because our loving Lord has made up for our inadequacies by His painful death on our behalf. But He has also left us with a wealth of exhortation to help us along the way. His emphasis is not in our "instant perfection", but in our learning the lessons of holiness; in the process rather than the results; or more plainly, the walking of the walk, not just reaching the destination of Heaven.

Peter had this to say about being diligent and pressing on: *"Therefore, brethren, be all the more diligent to make certain about His calling and choosing you: for as long as you practice these things, moral excellence, knowledge, self-control, perseverance, godliness, kindness, and love you will never stumble."* (II Peter 1:5 & 10). Diligence is required to rid ourselves of all doubt about our calling. The Twentieth Century New Testament exhorts us "... *do your best to put God's call and selection of you beyond all doubt. . .*"

Referring to The New Testament from 26 Translations, I found a longer and most impressive list of "things" we are to practice: Intelligence, steadfastness, Devotion to God, Fortitude and Patient Endurance are just a few from a long list.

These are the things we are encouraged to practice, or exercise. Like flabby muscles and slow circulation, our spirits need to be toned up, exercised, and exerted in order to keep our inner man strengthened and our ears tuned to the Holy Spirit's directions. And only by diligent exercise of these qualities will we remain alert enough to keep our loose ends secure!

PAUL WRITES to us in Romans 12:11: *"Never be lazy in your work, but serve the Lord enthusiastically."* (LB) The Jerusalem Bible reads: *"Work for the Lord with untiring effort and with great earnestness of Spirit."*

No matter what our plans for the day may be, Paul encourages us to serve God with untiring effort, with great earnestness, with Zeal! No procrastination here! "Let's get on with it," Paul shouts with exuberance! His enthusiasm is contagious! "Let's serve the Lord!"

Paul also encouraged the Hebrew believers: *"And we desire that each one of you show the same diligence so as to realize the full assurance of hope until the end, that you may not be sluggish, but imitators of those who through faith and patience inherit the promises."* Hebrews 6:11-12 "Diligence is required," says Paul, "in order to grasp the hope, to live to the fullest degree! We cannot leave the care and feeding of our spirits to chance."

Those in our generation who have gone on before us, have shown us that perseverance and diligence are blessed by our Heavenly Father. Corrie Ten Boom always comes most readily to my mind as one who endured the fiery trials and overcame them for God's glory. Her testimony, "The Hiding Place," has become a beacon in the night for believers and unbelievers alike.

Jesus is indeed the Victor over all our circumstances. What would have happened if Corrie and her family had decided that they were just to busy to be bothered with hiding a few hunted Jews? Or that the cost of caring was just too high to risk?

And there are also our New Testament martyrs. Stephen was stoned for preaching the Gospel of Jesus Christ, and Peter was crucified upside down. James, John's brother, died by the sword, and countless others died gruesome deaths for their faith. They knew what it was to possess the promises and the blessings of God! They endured to the end, they finished their courses, and we are members of His church today because of the foundations they established by proclaiming the resurrection of our Lord and Savior Jesus Christ! They followed the leading of the Holy Spirit and persevered to the end.

An Old Testament example that God has recorded for us to follow would make a glorious tribute for all of us: *"As the Lord commanded Moses, His servant, so did Moses command Joshua, and so did Joshua; he left nothing undone of all that the Lord commanded Moses."* (Joshua 11:15) How marvelous! It says He left nothing undone!

Jesus prayed in Gethsemane, *"I glorified Thee on the earth, having accomplished the work which Thou has given me to do."* (John 17:4) Our most excellent example, God's Son, finished all that was decreed for Him to accomplish.

Paul wrote to Timothy: *"I have fought the good fight, I have finished the course, I have kept the faith."* Paul left no loose ends with the converts that he had so painstakingly taught, and nurtured.

GOD specifically laid on my heart the need to write a particular friend over a long period of time. Many times, this lady's name would come up on my list, and I did send out cards for birthdays, anniversaries, holidays . . . sometimes even just "thinking of you" notes, but I had been remiss in letters. Only recently, I received a special letter from this friend. She began by sharing with me the physical trials of both her small son and herself, and the emotional traumas, the hard decisions they had had to make for the welfare of their family, culminating in a major move to another state, all in just the past 2 years. These trials had been difficult and draining for the entire family, but for the mother in particular.

"I can't tell you how much it means," she wrote, "when you send cards to us for birthdays, anniversary's, etc. Those 'little' things can be such big things when they are the only card that arrives for the occasion . . . "

I wept to know that I had been used to encourage my friend in dark times when I didn't even know what was transpiring. But there was regret mingled with the joy and more than a few stabs of guilt for all the letters I did not send when I felt I should. I had missed the mark, left loose ends unfinished, and almost deserted a beautiful friend in her hour of need.

The time grows short, and Jesus is coming soon. This is no time for unfinished business. Let's weave in those loose threads and be ready to present the Lord with the tapestry of our devotion to Him — beautifully woven and complete!

My young daughter excitedly pointed out to me one morning tiny droplets of rain that hung suspended from the long, green needles of a pine tree. The rain had made the green bright as were her big, brown eyes at having found such a wonderment.

Her discovery was further illuminated by the morning sunlight and the crystal clarity of the raindrops became instead like silver. For eyes so young to find such a beautiful example of God's creation pleased the mother in me and I watched her as she studied each little detail.

It was then that she smiled at me - a smile innocent of the seriousness typical of adulthood - a smile which allowed us to share the discovery of God in a simple and beautiful way. *- Jane Barnett*

She Did What She Could



Don Morris

AN EPITAPH on a tombstone in an old cemetery reads: *She did what she could.* I like to think that the lady who is buried there was a believer who may have had limited resources yet was greatly loved for her kind and thoughtful deeds.

That simple tribute can also be applied to the widow of Zarephath. *"And she . . . did according to the saying of Elijah: . . . And the barrel of meal was not used up."* (1 Kings 17:15,16)

Here is a widow whose name we do not know. But what is more important, we know the woman, herself. Her face is so fascinating that it thrills us after all these years. When Jesus called her to remembrance, she had been dead for nine centuries. The dust of oblivion had by that time buried most of the famous faces of her day so deeply out of sight that they were as if they had never been.

But this woman had survived. There was something so beautiful about her that the world was not allowed to forget her. Since Jesus made mention of her, nineteen centuries have passed. During that time, countless millions have passed across the stage and made their bid for our attention. But even this vast throng has not blinded us to the winsomeness of this widow. To this hour she brings us under her spell.

"And the word of the Lord came unto him, saying, Arise, get thee to Zarephath . . . and dwell there: behold, I have commanded a widow woman there to sustain thee." (1 Kings 17:8,9) Elijah, following God's instructions, visited a widow at Zarephath. He asked for water, then increased his request to a piece of bread.

The widow informed him that she was going to use the little oil and meal she possessed to bake a small loaf for her son

and herself, eat it, and die. Elijah said to her, *"Make me a cake first."* Then he told her that if she would make him a loaf first, *"the jar of meal shall not be spent and the cruse of oil shall not fail, until the day that the Lord sends rain."* Elijah's words proved to be true.

IN EVERY crisis situation, beyond the ugly blanket of despair there is always a ray of hope. Hope resounds across the pages of antiquity with beautiful words of comfort from the Master.

Words like: *"Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them . . . And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin."* (Matthew 6:25-28)

"Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." (Matthew 6:33)

"Take no thought for the morrow: for the morrow shall take thought for the things of itself." (Matthew 6:34)

THERE ARE times in our lives when we feel that surely God has forgotten us. Perhaps through the death of a loved one, estrangement, sickness, poverty, or through divorce, we feel abandoned. But God has not forgotten us.

Matthew 10:30 states, *"But the very hairs of your head are all numbered."* God concerns himself with your hurts, large or small, with your exhilarating joys and quiet contentments.

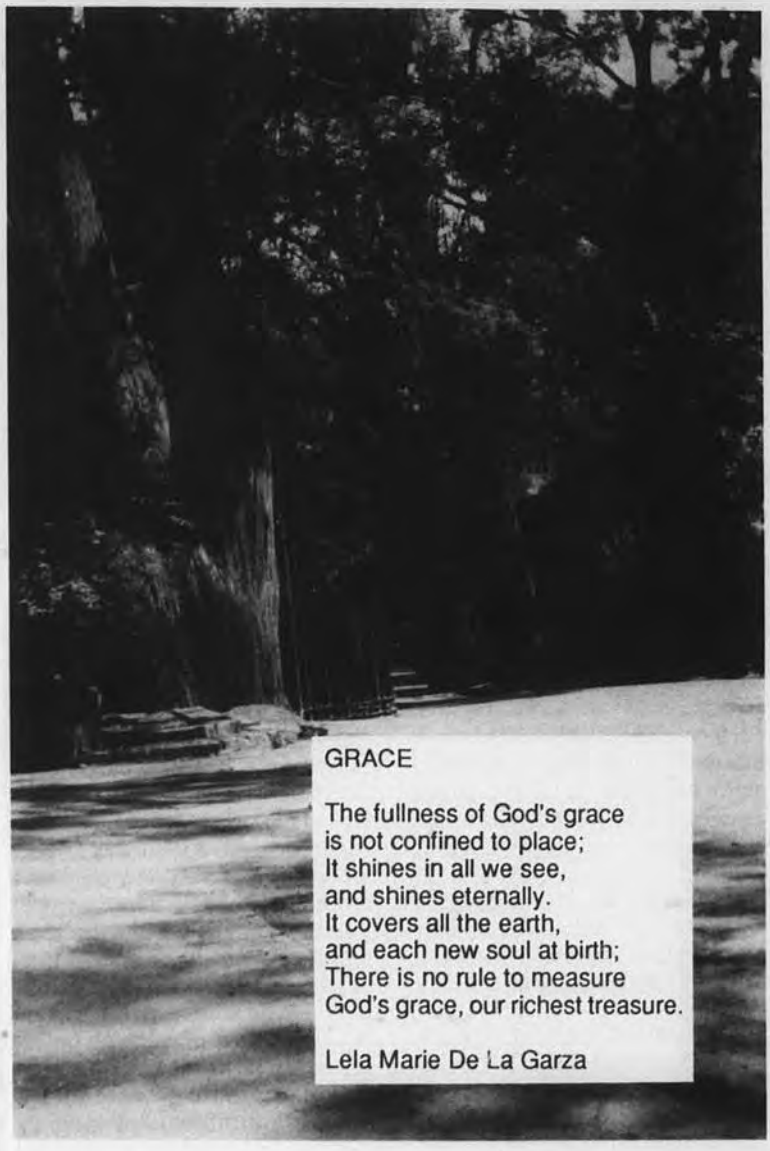
The Lord knows your name, and He wants to show you His love. Look for Him in the routine of dishes, diapers, or a small fist of dandelions. He is there!

Look for Him on the job, at the laundromat, or in the next pew. He is there! Look for Him in gentle motherly pats, in elderly counsel, in arthritic courage. He is there!

If you look for Him, you will find Him and know you are not forgotten.

If you are tempted to do nothing because you are discouraged about your limitations, or if you're afraid you'll have to do something beyond your ability, remember the widow of Zarephath. She did what she could. Today, trust God and do what *you* can!

Start right where you are
in serving the Lord:
claim His sure promise
and trust in His Word.
God simply asks you
to do what you can,
He'll use your efforts
to further His plan.



GRACE

The fullness of God's grace
is not confined to place;
It shines in all we see,
and shines eternally.
It covers all the earth,
and each new soul at birth;
There is no rule to measure
God's grace, our richest treasure.

Lela Marie De La Garza

The Breakthrough



Barbara Sande Dimmitt

THE ORGANIST lifted her hands from the keys, and my eight-month-old son's guttural growls resonated in the silence of the large, half empty church. "Relax," I admonished myself. "It probably doesn't sound as loud to other people." I rocked him in a futile effort to quiet his relentless, incomprehensible noise.

This was the first time that I had attended church in the three months since Aaron, born with Down's Syndrome, had been diagnosed as having infantile spasms. The neurologist had been clinically detached when he told us that this particular kind of seizure disorder "could have adverse developmental consequences." The consequences, in our case, were that Aaron's awareness and ability to respond were disintegrating, and so was I.

I clenched the church bulletin so tightly that my hand began to go numb. How could we reach Aaron if he kept retreat-

ing into a world that made no sense to us? No longer did his eyes follow suspended toys as we moved them from side to side, up and down. His response to most sounds was minimal and decreasing; I had been appalled that morning when an ambulance had wailed down the road fewer than ten feet from his carriage. Aaron had barely opened his eyes in recognition of the ear-shattering sound.

THE PASTOR proceeded with the liturgy, and the people in surrounding pews spent mercifully little time glancing our way. I struggled to force my mind out of its rutted circle of anxiety.

My husband and I had an appointment to talk to the neurologist the next day. At that time, we would need to decide whether or not to try a new and somewhat dangerous course of medication for Aaron. We had been told that there was only a slim chance of halting his seizures, since they had not responded to the drugs that we had used already. There was no clear prognosis for his future development.

"Why did I come here?" I asked myself. "I can't even get my mind on the service, much less feel any comfort." Aaron's growling droned in my ear as a spring breeze ruffled his hair.

The second hymn; thank goodness! I sang from deep in my body, maybe from deep in my soul. It felt good to make a loud noise, to use all of my breath and inhale fully. Aaron quieted. For some reason, music still held some magic for him, a faint reflection of the pleasure it had given him in the few months he had lived without the seizures.

ROCKING, ever rocking, I began to separate the words of the pastor's sermon from the deep, mellow vibrations of his voice. He was speaking of Christ's prayer in the Garden of Gethsemane.

"And Christ said, 'My father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as thou wilt." The pastor went on with the sermon, but my mind halted, then retraced those words. My eyes, too long dry, filled with tears. Where had I gotten the idea that it was wrong to pray for anything but the strength to do one's best, to accept life's challenges, to live one day at a time?

Quietly, painfully, joyfully I wept in the assurance that I could ask that my son not suffer. My hands transferred the plate during offertory; my lips automatically formed the words of the Lord's Prayer; the service proceeded, but I was focused elsewhere. Prayers for Aaron flowed through me, clear rivers of relief at being able to say at last, "This I do not want. I will

accept it if I must, but I ask You to take it away."

THE ORGANIST lifted her hands from the keys for the last time. People rose, greeted each other, waited in line to shake hands with the pastor. I sat, undisturbed, listening to the slow breathing of my sleeping child. Sunshine angled down through the pastel scenes on the stained glass windows, and the breeze dried my face.

At last, my breathing matching Aaron's, I rose to thank the pastor for the only sentence of his sermon that I had really heard. One single quotation from the Bible had pierced the rigid barrier of my attempted courage, freeing me to face the unknown more squarely, in better balance. Two weeks later, the new medication halted Aaron's seizures, and he began his long, slow journey back to the world around him.

There he went again! The kids and I crept along the path and found a flurry of activity in the petunias.

As we watched, I explained that a hummingbird's tongue works like a straw that sucks nectar, that they can move their wings over 60 times per second, and can fly like a helicopter moving up and down or forward and backward. As I was speaking, the bird demonstrated for me by zooming straight up into the air and over the house into another flowerbed. We followed, but by a much more conventional route, via feet.

We watched silently for awhile, then I whispered, "Can you hear his hum?" My kindergartner listened and whispered back, "Don't they ever SING?" I smiled, then stopped and sat back, I had never thought of that before.

Have you ever heard a hummingbird sing? Even the noises they do make come from wing vibrations, not their throats. Other birds as lowly as the sparrow sing. Hummingbirds, it seems, are too busy working. They never stop to experience the joy of singing or share that joy with others.

I wonder if sometimes we aren't too much like the hummingbird. We seem to hurry from one thing to another, without taking time to really appreciate the blessings around us. How often do we forget to chirp even a simple "thank you" to the great giver of life?

Do people around us only notice the humming of our activities, or can they hear the singing of our souls? More importantly, what does God hear?

Our dear Heavenly Father, you do truly crown us with your bounty. Open our eyes to see your olessings around us. Guide our rushing feet to walk in the way of thankfulness, and fill our souls with songs of praise for you. In Jesus name we pray, Amen

- Diane Van Wyngarden

Why Do We Suffer?

David Gunston

WHY do we suffer? Suffering has always been, and will doubtless always remain, one of the profoundest mysteries of human life on this planet. Suffering is so universal a human experience throughout all known history that the rational person is tempted to believe there is some point, some purpose in it; but exactly what, eludes us still.

To live is indeed to suffer, and however much we may sometimes be led to think otherwise, suffering in some shape or form is the lot of every person who has ever lived. As the Buddha felt 2,500 years ago, "All existence is sorrow".

We suffer in either body or mind, or maybe both; but most agree that mental suffering racks the spirit worst. There is suffering when we are born, and when we die. Yet in spite of everything, human progress is not towards pessimism and despair – or rarely for long.

All suffering, not merely pain, is inseparable. Our own personal suffering overlaps that of other people. Family or national suffering constantly overlaps, too, while overlaying all is the even more baffling mystery of human suffering caused by outside forces, often by a ruthless and unfettered Nature – storm, flood, earthquakes, famine, accident, disease.

Throughout history reasonable, thinking people have cried out in the midst of all this suffering, "Why?" "To what purpose? How can it be explained? Is it inevitable? Why is the world so unjust, so unfair? How should we meet it?" Until, in the end, they are forced to query: "Why does the God of Love allow these things to happen?"

IT IS CLEAR that we shall never have satisfactory answers to these eternal questions in this world; certainly they never can be satisfactorily answered by anyone in a few hundred words.

But these thoughts and comments may be of some small help:

To start with, all these questions as to the Why of suffering in our daily midst are based upon the illusion that this is, or at least should be, a perfect world, a model of creation, a realm of bliss. Such a notion is so glaringly false that we do not for one moment base our thinking upon it in other spheres.

To give a minute example: When it starts to rain and spoils our long-planned picnic, we do not ask why the Creator allows such things to happen. We grumble, most likely, but in the end we shrug our shoulders and make the best of things. We accept the disappointment along with the untimely rain, to our way of thinking as an ordinary fact of existence in this world. The example is no doubt trite, and the disappointment in no way comparable to any instance of real suffering; but the essential premise remains.

WHETHER we like it or not, there is a seeming disorder, a recalcitrance in the outside world as there is in human nature, although at the same time physical disasters are never the result of anything running contrary to the fixed natural laws of the universe. Doubtless an omnipotent God could have ordained things differently had He so chosen, but for reasons still very unclear to us, He did not do so.

Rather, He set up, among other planets, the one we call earth. There is no shred of evidence that the Earth is complete, finished; on the contrary, there is abundant evidence that it is continuing just as, it seems, creation in far-distant space continues still.

The theory of continuous galactic creation gains hold every year amongst experts; so why should this little planet be exempt from what may well turn out to be continuing growth that is a rule of the Universe? New powers in space are being continually discovered, and so are new powers on earth—new lines of scientific research, new discoveries of valuable natural resources, new cures for this or that disease. Nothing is left without room for growth, so the flaws and imperfections remain.

THIS is not the same thing at all as to declare that all our suffering is the express will of God. God cannot be happy about a deformed baby, about cancer cells, about millions dying in gas chambers, about terrible floods and earthquakes wiping out whole towns and villages. They are as far from His ultimate plan as can be imagined.

But, in setting up this world, God granted mankind total freedom; not merely freedom to do

right or wrong, but freedom to experience both good and bad, to learn, to profit by that experience, to make continuous discoveries, to develop all our latent possibilities.

WHERE God steps in is to make use for good the effects of suffering upon us for our growth. I do not believe that all suffering in itself is automatically ennobling, for this is patently untrue: But in general, through suffering people become, more understanding, more sympathetic, more kindly, more humble. I always remember the spontaneous remark made by a very ordinary, unlettered woman after the sad funeral of a twelve-month-old baby. She said, "These things happen to make us nicer to one another." Her theology may be at fault, but she perceived some germ of truth through the experience.

Believers always hold that life is good and worth living, that God is health, happiness and fulfillment. That He is Love. As we co-operate more with Him, we may well find that the mystery of suffering becomes less pressing.

The great Indian mystic and poet, Rabindranath Tagore, writing to a friend, got near to the truth of things, I think: "When we fix all our attention to that side of the Infinite where it is pain and death, where it is the process of fulfillment, we are overwhelmed. But we must know that there is the positive side; that always there is a completeness along with the incomplete. Otherwise, there would be no pity in us for the suffering, no love in us for the imperfect . . . But this much we have known, that there is a love that is greater in truth than pain and death. Is not that sufficient for us?"

For it is an extraordinary fact that all suffering draws out of itself a counter-force of good. People do become nicer after grief, a disaster on any scale always brings forth a massive tidal wave of compassion and the desire to relieve the suffering. Good inherent in people is always enhanced by suffering seen or experienced. That explains people's feelings of humanity in wartime and other emergencies.

Such feeling nowadays increasingly sets in motion actual physical help: money, gifts, food, medical supplies for the needy—but also a greatly enhanced resolve to try to conquer the untamed river, the plague bacilli, the starvation, the accident, the war. It may well be that at this very imperfect juncture of human civilization we need these massive jolts to improve things at all. Certainly, most of the great steps forward in the last 2,000 years have stemmed from

simple human compassion in the face of open and seemingly unnecessary suffering.

ONE excellent definition of suffering is simply: being cut off. The soul's sense of isolation and loneliness, of being apart from the warm unity of humankind. Could it not be some part of the Divine Plan that we cannot know unity, "the great Unity of the Whole", until we have experienced what it is like to be severed from it, although such is the love of God that we are never totally severed? As Raynor C. Johnson puts it: "Without suffering, there cannot be perfection for human beings. The fullest sensitivity to God, the most intimate relationship with the Whole, can be known only by those who have known what it means to feel cut off from it."

AS MEMBERS of the human race, as participators in the great continuing experiences, we cannot opt out of the scheme. We need always to remind ourselves, instead, that "Man, Nature and God are all bound together at a deep level, so that the welfare of any part affects the welfare of the Whole." There is no totally isolated suffering, just as there is no totally isolated joy. All too often, more in the present age than ever before, we seek to form judgments, final opinions on everything, instead of keeping our minds open and our hearts free. In this great baffling matter of suffering in particular, we are far too narrow and earth-bound in our approach, but always the limitations of the human mind tend to make us so. How can we mortal men ever hope to penetrate the workings of the Divine mind? How can we expect to see the finality of what we view here on earth merely as anguish and tragedy and pain?

Perhaps to the Divine mind they are merely stepping-stones, opportunities whereby far greater good may eventually be achieved. We must never forget that in the end, the ever-loving will of God prevails. The supremacy of His Providence can never be challenged as He turns all things to His loving purpose.

Perhaps, too, we need to remember with the Buddha that "the root of all our miseries is self-consciousness" – seeing ourselves as the centers of our own little universe, instead of as a part of the greater Whole.

God does not send suffering, nor does He enjoy or condone it. In ways we cannot fully understand, He uses our reactions to it for good purposes. Let us resolve always, whatever the suffering we have to endure, to make the daily best of what remains to us, and never to be disturbed or disillusioned by the inevitable limitations of our human understanding of it all.



He Knows My Name

Lois Beachy Yoder

STANDING alone at the tomb, overwhelmed by her grief, "No one else cares enough to stay," Mary Magdalene thought. True, Peter and John had come to investigate when she ran to them in her alarm at seeing the stone rolled away from the tomb entrance. But now they had gone back home without taking any action at all. She felt more deserted than ever.

Jesus being dead was bad enough, but to be denied even the comfort of mourning over his body was more than she could accept. She entertained no thought of ever again seeing the One who had set her gloriously free from those tormenting spirits, but surely she could pay proper respects to his body.

Thus, when she turned and, through her tears, saw a man standing nearby, she assumed he was the keeper of the garden. He questioned her, and she replied with a demand to know the whereabouts of the body she was so desperate to find.

Then the Man spoke her name — one simple little word — "Mary." When she heard Him say her name, Mary heard all the love and caring that Jesus' heart held for her, and recognition flooded her soul. Instantly, she knew He had conquered death and was announcing Himself to her as the Son of God. The faith she had had in Him was justified after all. When Jesus said her name, He was saying, "I know you, I know who you are, and I want your attention. I have time for you, I want to talk with you."

OUR NAMES are an intrinsic part of our identities, and no one knows better who and what we really are than Jesus Christ. He knows all our faults and failures, both visible and invisible, but still He calls our name, asking us to focus our attention on Him as the Son of God and accept the gift of salvation He offers.

After we accept that gift and become His child, He says our name time and time again. He speaks it to bring comfort and courage when we are weak or

hurting. He calls our name with gentle reproof when our devotion to Him falters. He says it with joy when we come to Him with praise and thanksgiving.

To Mary Jesus assigned a new responsibility after He spoke her name: She was to carry the good news of His resurrection to the disciples. Likewise, Jesus may speak our name to call us to a new ministry or area of service. When He does so, his naming of us carries with it power, a special enabling for the new task that lies ahead.

"The Lord knows those who are his," says II Timothy 2:19. How reassuring it is to hear Jesus speak our names, acknowledging our identity and owning us as His very own.

Born in the height of the 'Baby Boom', I reached my teens in the Turbulent Sixties. Being pulled in different directions from all sides, it was a time of confusion and fear for me. I never knew which way I should turn. On one side my friends and peers were protesting the social issues they perceived as wrong. Fascinated by their apparent enthusiasm to make a statement and their attempts to try to improve the world, I was nevertheless appalled by some of the methods they were employing.

On the opposite side of the coin, my parents and the establishment were trying to tell me that I was too young to decide what was right and wrong in the world, that I was not informed enough to make an intelligent decision. They further confused me by trying to make me see that what I had learned about the freedoms in this country only applied to adults. All the rights I had learned about in my history and government classes were apparently not meant for the youth of that day.

As my anxiety grew, I was becoming withdrawn from everyone, wanting only to be left alone in my bedroom so I wouldn't have to make any choices. Then Ash Wednesday came.

That evening, as I walked to church with my family, I had no idea that I was soon to have my delimma solved for me. The service we sat through affected me no more or less than the hundreds I had attended before. Then, as was the custom in our small congregation, the lights dimmed and the organ began to play softly. The final hymn was about to be sung.

Suddenly a spotlight shone on the face on the cross, and I felt such a feeling of extraordinary peace flow through me. The hymn for that particular evening was *Abide With Me.* As I began to sing the familiar words, I understood them for the first time. As we concluded the last verse, I knew that I would no longer be confused or frightened about what decision I should make. There was only one Person I wanted to please, and I knew He would help me make the right choices. All I had to do was ask.

- Sue Johnston

The Cross Of Christ



Mabel Wilton

THE WORD, *cross,* is only another word among thousands listed in the dictionary. The definition given is this: "A gibbet of wood formed of an upright and a cross piece, used in the punishment of crucifixion; now the emblem of the Christian faith." But that one lonely word, *cross,* has a miraculous effect upon the human mind and its behavior.

The mere sound of it when spoken, or the mere sight of it when we see it in print has the power to stir our latent memories; for, when we think of the word, *cross,* we remember the Cross of Christ; the Cross that down through all the ages we have come to know as the Cross of Calvary; the original Cross upon which Jesus Christ died for us. This is the Cross that takes on a meaning that is far more powerful and hopeful for us than is one, small, lonely word listed among a host of others in a dictionary. This is the Cross that is surrounded with such meaning, such significance, such power and such truth, that it has become so far reaching and of such magnitude as to be breathtakingly overwhelming.

FROM my earliest childhood I have loved and revered a cross. I have carried one about with me for years, only to pass it on to my daughter just recently.

It reminds me that I should reflect God's love in me flowing out to others. All through my life, I have tried to apply the Golden Rule to everything I said or did and by so doing, the Cross has come to be something very near and dear to me. It brings me in closer proximity with God and helps me not to forget.

Somehow the sight of a cross, no matter if it be moulded from silver or gold, chiseled from a slab of stone, or whittled out in the crudest fashion from a block of rough wood, it has the Almighty power to awaken that something better and kinder within me. It has the power to remove all selfish and greedy thoughts and leave, in their

place, more lenient and generous ones.

Each time I see it, I silently vow to live with more dignity and grace and with less malice toward others in my heart. Each time I see it, I humbly pray that I be able to "forgive those who trespass against me," because true forgiveness seems to be one of the most difficult hurdles for man to get over. I pray, too, that I may be imbued with more of a Christlike spirit in my daily living.

Today, with a small, silver cross lying here on my desk before me, my thoughts go back nearly 2000 years to the Cross upon which Christ was crucified. Sensing the pain, the humiliation and the dreadful suffering He must have endured, I wonder just how many there are among us who would be able to express in words what the true significance of that Cross actually meant. How many of us could give the real meaning to the cross upon which Christ died? I dare say there are few among us who could do it justice.

DID YOU EVER stop to think about the real reason why Christ chose the cross as His means of death? He knew in His unfathomable wisdom that the Cross was branded with infamy; yet, He deliberately chose it as the supreme proof of His infinite love for mankind. Just how wise and farseeing He actually was in making that choice has been proved through the ages. Since the Crucifixion, throughout the world the Cross has become the living expression of unadulterated charity. Today, it is exactly as He had intended it should be, the emblem of all Christian nations.

The Cross of Christ is the emblem of faith and hope, charity and love, and all the other ineffable virtues of the soul that go on multiplying and living forever; virtues that can never be effaced by either time or space; virtues that can never be outgrown even on the loftiest planes of being in the mighty universe of God, Himself. It expresses a gripping reality, that of pain and sorrow, and it also speaks of glory.

Christ entered His glory through the medium of the Cross, and so the Cross remains forever the key to the Kingdom of Heaven for all mankind. With a humble, white cross at the head of each mound, we preserve the memory of our national heroes and that of the many legions of the humble now at rest in our cemeteries. What more fitting monument to His name and His glory could we erect for them than His Cross?

IT IS STRANGE, but true, that the shadow of the Cross is al-

ways with us, even from babyhood to the grave, and it remains there whether we please or not. In babyhood, we learned that on a sunny day if we stood upright with arms outstretched at each side, our own shadow would take the form of a cross. As we grew older, we found that the Cross was intimately associated with our daily life, and we learned that it was very real because it represented something that was happening to us and to ours in our daily experiences.

We all carry crosses throughout our lives and, regardless of race or creed, sooner or later everyone is nailed to some cross. We may place our trust in those we think are friends only to know the bitterest betrayal. We may lose the love of those around us, or we may come to feel the bitter sting of death; but each of us, according to the burdens we are given to bear, should muster his courage and learn to shoulder his cross willingly, knowing that it is His will and not ours alone, and, by so doing, the cross will seem a priviledge.

Thomas a' Kempis, in his beautiful works called *Of the Imitation of Christ*, expressed this thought well when he wrote, "Carry the cross patiently and with perfect submission; and in the end it will carry you." *Gleanings Among the Sheaves*, written by C. H. Spurgeon, gives us some worthwhile words: "There are no crown wearers in heaven who were not cross bearers here below."

WE SHOULD NOT let the thought of the Cross slip through our heads, from ear to ear, without allowing it to have some effect upon us. We should never think of the Cross, nor look upon one, even though it be of the crudest or the simplest construction, without seeing the man who hung there, the man who suffered and died for our sins, the greatest Man in all history; the Man who led the world against hate, and sin and greed; the Man who preached a sublime doctrine.

What effect has the sight of a cross upon you? Does it awaken a more Christlike spirit inside you? Who among us is there who can remain utterly emotionless when gazing upon a cross? Who can look upon the Cross without realizing the true depths of Christ's suffering? Looking upon the Cross can any of us remain untouched at the echo of His voice reaching down through the ages, crying out, *"My God, My God, why hast thou forsaken Me?"*

Yet, there are people who can look upon the Cross with little or no emotional feelings. The churches have preached the crucifixion of Christ for years and still there are many who are

completely blind to His sufferings. There are those who will refuse to accept His truths; there are those who will live selfishly and greedily, taking all and giving nothing in return.

THOSE OF US who profess any semblance of Christianity must be prepared to accept the Cross, for there is no Christianity without it. William H. Thomson routed all doubt on this score when he wrote, "Christianity without the Cross is nothing. The Cross was the fitting close of a life of rejection, scorn and defeat. But in no true sense have these things ceased or changed. Jesus is still He whom man despiseth and the rejected of men."

Some of our greatest and most learned men and women have turned to the Cross for consolation and hope during their bitterest hours. In it, they sought and found succor and release from the sorrows and heartaches of the world.

History has proved that many of the world's "great" have humbled themselves before the Cross, for they were great enough to recognize that only by the merits of the Cross we can share in the eternal glory of Christ.

Birds sing and pastel blossoms burst open upon the greening orchard. The bright blueness of the sky carries white puffy clouds and the breeze carries the fragrance of lilacs. How I love to awake to such a day! How fresh and invigorating I feel after my morning prayers!

Fears and anxiety are common to us all. Worry is like an invisible weight that we needlessly carry with us. So it stands to reason that to start a Spring day or any day right, we should gratefully turn over our worries to God. The Lord is willing to lift our load from us,to keep our minds and hearts clear and to give us a peace beyond understanding. (Philippians 4:7)

The beauty of Spring is the renewal and the growth of the earth. Spiritually we can experience our growth too. We need not wait until Spring to have an inner renewal by relinquishing our fears and frustrations to God. Don't just say that you will. Don't just pray that you will. But actually release those problems to God's care.

This is your day. Walk with your faith high in God as you view the miracles of a new Spring upon the earth.

God works such blessings in the sprouting of a tiny seed, in the greening of a tree, in the pastel arch of a rainbow. And because God can eternally grant new life to the earth, just think of the revival that He can work within your heart . . . when you let go of your season of worry and meet Him in the flush of a glorious Spring morning.

- Starrlette L. Howard

One Minute Meditation Lessons

DAILY GUIDE SECTION

Today is God's Day — His gift to you. It is fresh and sparkling as the dew that dried in the brilliant rays of the morning sun. Gone are the problems of yesterday, for today is an opportunity to start all over again — it is another rare chance to find true happiness. To keep the enchantment of your waking moments with you through the day, begin it in prayer and meditation. If you feel the need of united prayer, send your written request to the Mayan Chapel of Miracles and we will be glad to pray with you. Even if everything else has failed, try a WRITTEN PRAYER. Each day, when the Angelus call sounds, sincere hearts the world over join in earnest prayers for the requests placed on the altar. These written prayers remain in the Chapel for 30 days. At the end of that time, your prayer should be renewed, or, if your prayer is answered within that time, please notify us to remove it to make room for others. Those desiring to send love offering to the Chapel are welcome to do so.

Meditation Lesson — March 1, 1991

And make you a new heart and a new spirit. Ezekiel 18:31

EACH ONE'S MIND is a channel through which God's good can flow to us, and through us to others. The mind of Jesus was a channel through which Truth flowed to all who would listen. He understood that God's ideas are constantly flowing through man's consciousness to be used for man's greater unfoldment. We have the privilege of opening wide our consciousness and providing a channel for this influx of divine ideas that we can use for the attainment of whatever we desire. If we need money, peace of mind, health, the answer to that need is to open the channel of our mind, and God will fill it with ideas for that attainment. The ideas come from God, but our part is to provide the channel for these ideas to flow. With open hearts and open minds, our desire is made manifest.

AFFIRMATION: I Am An Open Channel For Good.

Meditation Lesson March 2, 1991

Giving thanks always for all things. **Ephesians 5:20**

JESUS KNEW that there was a responsiveness on the part of the Universe—a reciprocal action to His own belief. This was the reason for His miracles. We, too, will perform "miracles" when we realize that the Divine Ear always hears and always agrees with us in all good things. This is the meaning of the scriptural passage, "The words of the Lord are yea and amen." When we fully understand that there is a reciprocal action on the part of the Universe that enables us to demonstrate our desires, we shall be "continually in Thy courts praising Thee with the harp and cymbal." If we always use the voice for praise, it is unlikely that it will become impaired. The heart of praise and thanksgiving builds up a subjective remembrance of success, making demonstration easier. This praise is the Father's will for us in all things, all times, all places.

AFFIRMATION: I Praise The Father For All Blessings.

Meditation Lesson March 3, 1991

Because ye belong to Christ. **Mark 9:41**

WHEN WE COME to know that "our life is hid with Christ in God" we shall enter into the fullness of His riches. In every man there is a Christ possibility, the ability to recognize himself as an embodiment of the one life in God. When this at-one-ment, meaning of One Mind, is perceived, the Christ has been born anew. Some of us, today, are babes in Christ, and some are masters in Christ, but within each one there is the possibility of recognizing ourselves as a center of God-life. The fact of our existence is the proof of this truth. The more we become aware of our divine inheritance as sons of the Father, the more of the Father's riches we shall claim. The greatest of these riches of the Father are the riches of the spirit — love, faith, charity. kindness and forbearance. We claim these riches because we belong to Christ.

AFFIRMATION: I Accept the Father's Riches As My Own.

Meditation Lesson March 4, 1991

He hath put a new song in my mouth. Psalms 4:3

OUR OUTLOOK on Life creates for us the special world in which we live. We can make for ourselves a world of joy and delightful anticipation. The world in which we move about day to day is the enactment of the forms of thought that each one entertains. Shakespeare expressed this in his words, "The world is but a stage, and all the men and women merely players." If we do not like the part we are acting, we have within us the power to cast ourselves for the "star" part. Each morning let us greet with a smile our world, which has bedecked itself in light and beauty for that new day. Let us smile on those we pass. At high noon the sun is over our hearts, and when the evening closes in, the twilight song of Nature will find us in a peaceful frame of mind for the night's rest. We have been taught to sing a new song.

AFFIRMATION: I Create A World Of Beauty And Love.

Meditation Lesson March 5, 1991

And I will come down and talk with thee there. Numbers 11:17

ONE OF THE greatest gifts of God to man is the privilege of communicating with Him. It is a sad experience for those who no longer accept this gift of communion with God. To those who have had this gift and lost it, God has provided a way to restore it. Through the spirit of Truth, we learn that God is never distant or absent from us, but ever present and ready to acknowledge us as His children when we turn to Him in faith and in prayer. This door to the inner temple of our being is never closed except when we ourselves refuse to listen to the voice of our true self, that part of us which is always at one with God. If we have for a time refused to accept this gift of communion with the Father, let us consecrate ourselves anew to union with Him in prayer and meditation. God is not afar; He is ever-present.

AFFIRMATION: In Loving Praise I Commune With The Father.

Meditation Lesson March 6, 1991

Yea, I have a goodly heritage. Psalms 16:6

FEW PERSONS who receive a priceless legacy would expect to continue to live in want. we do not always honor the great gift of choice that God has bequeathed to us. We are directors of this God power, but if we use it unworthily we are not true to our heritage, not true to our possibilities. Through Divine Wisdom, we realize that we do not have to carry burdens of any kind; we are to rise above them, and our demonstration will help others to do this also. We do not need to become bewildered by problems, admitting in this way that we consider them larger than the Power by which we demonstrate. When we use wisdom, we think in terms of the God man. Then we change the form of experiences, for we do not think in terms of fear and separation, but in terms of unity and faith.

AFFIRMATION: I Accept My Heritage, Using Divine Wisdom.

Meditation Lesson March 7, 1991

But when the desire cometh It is a tree of life. Proverbs 13:12

DESIRE IS that something within every man that impels him to seek and claim that which is his own. To seek and claim any thing or condition must indicate that what we seek is already within our reach. Realizing that the desire with its manifestation is one, makes that desire come to pass as an experience in our lives. This understanding frees us from limitation, for we know, without doubt, that whatever we may desire of good we can have. Even as we desire it, that good is ours. This day, this very hour, that deep desire of our heart is already established in Spirit. Then let us claim it as God's gift of love. When we clothe our desire with the complete faith that it is done unto us as we believe, and accept it, we demonstrate that the desire and its realization are indeed one. Our hopes and dreams are fulfilled; our hearts overflow with joy.

AFFIRMATION: All Good is Now Mine.

Meditation Lesson March 8, 1991

For he is our peace. Ephesians 2:14

THE FOUNDATION for peace is the love of God. We must realize that there is within all men the same God Power, but as long as we allow hatred and misunderstanding to fill our minds we scatter our consciousness. We must first build harmony and love within so there will be no place for inner conflict. It is not enough to simply push from our lives any disturbing personality. We must face such situations, knowing that within those whom we might dislike or fear there is the same God Power as within ourselves. With the love of God in our hearts, all bitterness, resentment and jealousy become dissolved, and harmony is sustained. Then, and then only, are we able to think of all men as dear to the Father and worthy of our love. Christ Himself has brought us peace by uniting all people to Him and making all one body.

AFFIRMATION: My Being Is Sustained By The Love Of God.

Meditation Lesson March 9, 1991

Commune with your own heart . . . and be still. Psalms 4:4

SILENCE IS a quality of God, the silent Force that works in perfect order. Because of this we are admonished to "be still and know that I am God," for in the silent depths of our nature we contact God. At the center of our being, we can always find quietness where there is strength and confidence. This silent force is forever pushing upward and outward to find channels for expression of its own life and truth. Inanimate life responds instinctively to this inner urge for expression. But man has the right of choice in the exercise of the expression of that which is within him. Today, many are turning from the restricted forms of thought and action and are learning to consciously express God in their own way, guided only by the Wisdom that comes through communion with the Father.

AFFIRMATION: I Turn To The Within And Find Strength.

Meditation Lesson March 10, 1991

Instantly serving God day and night. Acts 26:7

IT IS NOT actual labor that wears us out; it is the thought that the work is hard and wearisome. Instead of living in the moment that now is, realizing that the exact spot where we are in the center of the Cosmic Wheel, we permit the thought to rush ahead dragging the body behind it. We never seem to quite catch up; hurry is an uphill road that keeps us panting for breath. We should learn a lesson from Nature: when the fruit is ripe, it falls; when the fruit is dispatched, the leaf falls. The circuit of the waters is mere falling. The walking of man and all animals is a falling forward. All our works of strength are prying, digging, rowing, all done by dint of continual falling. Let us learn to lean on the Spirit for strength, and our work will be more joyful and easy. Let us rely on Him to smooth the way.

AFFIRMATION: I Draw Strength From The Spirit.

Meditation Lesson March 11, 1991

And the prayer of faith shall save the sick. James 5:15

BOTH SICKNESS AND HEALTH are results of our attitude toward life. Fear is acknowledgment of belief in power of evil, and this belief is expressed in a condition we call sickness. The true way to be healed of this condition is to know that there is just One Power, and the cause of inharmony is that we have used that power in a way that has produced this unwanted condition. When we turn out an electric light, we do not say that an evil power has brought in the condition of darkness. We know that when we push the button in the right way the room will be flooded again with light. When we contact life in the right way, we will be healed. This can be accomplished by recognizing that to the extent that life, love, happiness occupy our thought, the condition of health will become manifest.

AFFIRMATION: Good Health Is My Birthright, And I Claim It.

Meditation Lesson March 12, 1991

Every good gift and every perfect gift is from above. James 1:17

BACK OF EVERY condition of poverty is thought of limitation. If we look into a mirror and see a beautiful flower, we know that there must be a flower held up to the mirror or we would not see the reflection of a flower. In the same manner, if poverty is reflected in our affairs, it is because we hold the thought picture of poverty. However. we can reverse that picture of poverty and hold in its place the picture of abundance, and soon we will discover the picture of prosperity unfolding in our lives and affairs. The subjective mind or the Creative Power reflects back to us that which we think and believe. So long as we consider ourselves bound by our limited present conditions, our minds cannot reach out beyond that condition into the limitless boundaries of God's substance.

AFFIRMATION: I Am Surrounded By The Substance Of God.

Meditation Lesson March 13, 1991

Let not your heart be troubled. **John 14:1**

WE ALL FEEL the inspiration of a calm and tranquil spirit. Today, when the world is shaken with uncertainty, these words of Jesus, "Let not your heart be troubled," are especially comforting. Through all this chaos, we can keep our hearts and minds at peace if we will turn to that inner sanctuary where all is ever calm, that place in our being that is the union of God and man. Here in the Silence, we can not only talk with Him as a child talks with its parents, but here also He speaks to us if we will but let our soul listen. It is necessary that we have this daily meeting with the Christ, for it is a strengthening time from which we are able to come forth into the world of conflicting emotions and meet those conditions with the calm and tranquility that is of God. Our hearts are not troubled or afraid when Christ prepares the way.

AFFIRMATION: Through Spirit I Am Calm And Peaceful.

Meditation Lesson March 14, 1991

Trust In the Lord and do good. **Psalms 37:3**

WHEN GOD TELLS us to trust in Him, He means that we must have faith in Him and put ourselves in His care. In Psalms 37:1, we are told, "Fret not thyself of evil doers, neither be thou envious against the workers of iniquity." It will gain us nothing to fret about the condition of the world. If things need to be changed and we are able, with our understanding of the truth of God, to change them, let us do it. If we cannot change them, then let us leave it to God, knowing that in His own good time and in His own way these things will be worked out toward the good of all mankind. If we truly trust God as we are commanded to do, then we will not worry, for worry means doubt, and doubt is lack of faith in Him to whom all things are possible. We wait for God to act, knowing His actions will be for our good.

AFFIRMATION: I Trust All Things To Divine Mind.

Meditation Lesson March 15, 1991

Beloved, follow not that which is evil. **III John 11**

IF WE THINK a thing is evil, to us it is evil until such time as we change our thought regarding that thing or condition. Good and bad are two ends of our human yardstick of conduct. We must be conscious of what is meant by the good and true, or we would have no means of recognizing those qualities. The Truth is that which is, but we call it by different names. Jesus plucked corn on the Sabbath Day and was called a sinner by those who had a consciousness of what they called sin in their own hearts. There is no problem of evil, but there are many who dwell in thought upon that which they call evil, thus crowding out that which they call good. Let us search out only that which is true for all men; then we shall fail to perceive that which is evil or unreal. We must not imitate the evil, but imitate the good if we would see God in our lives.

AFFIRMATION: I Seek To Perceive Only That Which Is Good.

Meditation Lesson March 16, 1991

Bringing into captivity every thought. II Corinthians 10:5

OUR THOUGHT is the weapon God has given us to dispel lack of any kind, either for ourselves or for others. We have the power through thought to change sickness into health, lack into supply, for these are of God and from God. We can cultivate faith and trust by daily knowing and believing that always we have faith in the divine power that guides us in the right paths. By acknowledging the presence of health and abundance, our thought will take hold of the very substance and universal spirit within, and we recognize only the wholeness and abundance. Whatever problem may arise, we know that the answer is to be found in our own mind, which is a part of the Divine Mind and all powerful. Our part in the shaping of our lives is constructive use of our thought.

AFFIRMATION: I Keep My Thought True To The Spirit Of Christ.

Meditation Lesson March 17, 1991

Honor thy Lord with thy substance. Proverbs 3:9

THE THINGS which are, are not made of things which do appear." In other words, there is a Universal Unseen Substance from which all visible things are made. This Substance will take new forms in proportion as we think new thoughts. There is no limit to the possibility of new creations, but the Substance will lie dormant, as far as we are concerned, unless we conceive of new conditions under which it may manifest itself. Meditation along this line will cause us to realize that there never was a line of demarcation between "spiritual beginnings" and "material endings." Jesus said, "I am Alpha and Omega, the beginning and the end." When we truly grasp this fact that all is Spirit, we come to know that the desire is itself the answer to what we desire. We honor God by offering the best of all thoughts and all that comes to be.

AFFIRMATION: I Accept The truth That All Is Spirit.

Meditation Lesson March 18, 1991

But ye shall receive power . . . **Acts 1:8**

HAS THE THOUGHT of weakness, inability, inferiority sapped your strength? Then you should know that there is only the One Power and that it is for all men to use. There is not a power of Health, and a Power of Wealth, and a Power of Happiness; but when we consciously line up with life, substance and joy, we draw on the One Power that meets our individual needs. We do not have a different telephone company, nor a different telephone instrument for every one we wish to call. We use the one telephone, but the number we obtain depends upon the number we dial. The same is true of the Infinite Power. We call upon the One Power for whatever may be our need, for every good thing springs from the one Source, the Power of God. This Power has been poured out for all and is available to all.

AFFIRMATION: I Am One With The Infinite Power, God.

Meditation Lesson March 19, 1991

Christ liveth in me. **Galatians 2:20**

WHAT A wonderful world this would be if we were all to look for the Christ in everyone we meet. When we learn to look for perfection, we see with God's eyes, with the perfect vision of God that perceives only perfection. When the inner image of God is fully envisioned, the Christ consciousness rises to the surface, and we hold the perfect image of God in mind. We express our perfect oneness with God when we come into this consciousness and see all men as brothers. This is "putting on the Christ" and is the privilege of all men. In God's place of mankind, all men are one. We are strengthened when we come to depend upon the Christ vision, the power to perceive our brother as an equal child of God with the same heritage for all good. It is no longer the individual person who lives, but Christ within.

AFFIRMATION: I Look For The Christ In Every Man.

Meditation Lesson March 20, 1991

Lord, teach us to pray. **Luke 11:1**

IN ORDER that our prayers may be answered, It is essential that we believe that they will be answered. True prayer is not a supplication to God, uttered in fear that He will not hear us. True prayer is a faith that our word, as being spoken with authority for that Power, is given us by the Christ within. This power should be used carefully in order that our prayer be worthy, not only for our good but for the good of others. We must sustain our prayer by the conviction that it is already answered, even before we have asked. With this understanding, we may have the faith in our word and trust Him to fulfill our desires. The good that we desire must be the good for all men, and in this way we know we pray aright. It is this asking aright that brings the sure answer. This right prayer comes when we pray not our will but His be done.

AFFIRMATION: I Learn To Pray Aright At All Times.

Meditation Lesson March 21, 1991

Be of one mind. **II Corinthians 13:11**

THE FACULTY of the individual mind, which we call will, is in the Universal Mind a law of tendency. When we realize that man derives his desire to experience life more abundant from the Universal Life Spirit, we shall also realize that the law of tendency of the Universal Mind is toward life-givingness. A hypnotized person is in a subjective state and will act upon practically any suggestion except one, that he kill himself. So when we, through the dictates of our will, direct the Universal Mind in such way that manifestations of more abundant life will result, we are utilizing the power of Universal Mind in accord with its own tendency. The Universal Mind has been called the servant of the eternal spirit, throughout the ages, and the tendency of a good servant is to obey its master.

AFFIRMATION: I Direct Universal Mind Toward More Life.

Meditation Lesson March 22, 1991

I say the truth In Christ. Romans 9:1

TRUE PROGRESS comes from our regular application of the Truth. When we come to understand the basic principles of Truth and learn that thought is creative, we have a knowledge that can never be really lost. Often we become discouraged when we fail to remember that the mental law of creation reacts according to our thought. If we would attain the heights of spiritual understanding, which we all desire, we must learn to keep our thought steadily on the reality that all is one and all is good, directing all our mental energy toward that which we would establish in our lives. We should permit no idle thought to weaken our energy but guard every word we say or think, in the conviction that our thoughts are the strong, steady stream of power flowing out from God.

AFFIRMATION: My Thought Is Directed Toward The Truth.

Meditation Lesson March 23, 1991

But ever follow that which is good. I Thessalonians 5:15

THE CREATIVE energy of the universe flowing through all life takes the direction we give it, whether consciously or unconsciously. How necessary it is that we direct this power into constructive paths and use it for the good of all life. We may direct this creative energy to bring health, happiness and abundance into our lives, or we may direct it into the paths of sickness and lack. Through our word we bring forth an idea that brings forth either the good fruit or the bad fruit. We have the privilege of using this energy in such a way that not only the abundance of health, harmony and success may be ours, but, flowing through us, it may bring this abundance into the lives of those around us. Consciously and with complete faith in its power, we speak this creative energy into life.

AFFIRMATION: I Direct Creative Energy Into Channels Of Good.

Meditation Lesson PALM SUNDAY March 24, 1991

The Lord hath need of him. Luke 19:31

THERE WAS NO QUESTION in the minds or hearts of the people that day Jesus rode into Jerusalem on the colt. They placed their garments on the colt and on the streets over which He rode. It was a joyous welcome to the King of Kings. Are we as ready to give ourselves and all we have for His glory? It was enough for the owner of the colt that The Lord had need of him. Is it enough for us to know that He has need of us? Only as we joyously welcome Him as The Lord of our lives is He able to give us the joy and peace for which we seek and the abundance that is His desire for us. When we hear the voice within tell us The Lord hath need of us, may we respond without question and come into the fullness that awaits us as joint-heirs to all The Father has. Then we, too, will experience the joy of His triumph.

AFFIRMATION: I Give Myself Completely To The King of Kings.

Meditation Lesson March 25, 1991

He that hath a bountiful eye shall be blessed. Proverbs 22:9

THE BALANCE between giving and receiving must be maintained at all times if perfect harmony is to prevail. If our consciousness has not been awakened to the beauty and the value of giving, our receiving power is weakened. It is not enough that we merely give money; we must learn to give of ourselves. We must give of our love, our time and our understanding to those who are seeking them. It is this giving of ourselves that causes the increase and the expansion of our own spiritual consciousness. As we increase in consciousness of our oneness with Him, we find greater opportunities to express our full power. And with the measure of meting out, of giving, we find the same measure is meted out to us, received by us. Let us give of these gifts generously and with love, and we will know limitless blessings in all we do.

AFFIRMATION: I Give From The Abundance Of My Love.

Meditation Lesson March 26, 1991

And the Lord God planted a garden eastward in Eden. Genesis 2:8

EVERY SEED we plant contains within it the power to express itself to completion. When it falls into the earth, a part of itself is given until roots are put forth so that it may grow and multiply. If it is not hindered by outward obstacles; that seed grows into beauty and completes the work for which it was created. Within each man is the spiritual power to express his highest self. We should have faith in our ability to develop every good idea, for that idea has the power within to express itself in outer manifestation. Every step for its fulfillment is an established fact. In due time, the fulfillment of the idea will be revealed to all. Health, prosperity and harmony are ideas of God, and each has within itself the necessary power to bring forth the accomplished ideal. It is our part to plant and nurture that seed into full life.

AFFIRMATION: Through Faith My Ideals Are Realized.

Meditation Lesson March 27, 1991

Be renewed in the spirit of your mind. Ephesians 4:23

WE SHOULD cultivate a state of mind that expects to accomplish our ideal and fulfill our highest desire. There is nothing that can obstruct the successful expression of our ideal except our own belief in limitation. When we allow this belief to clog our minds, we fail to see opportunities, and lack may follow. The positive state of mind accepts only the belief that nothing that belongs to us can be taken away from us, and the law of being fills us with success and happiness. It is the nature of life to respond eagerly to this positive idea. The limitless possibilities of God are forever finding expression in all that we do, if we do not close the channel for their expression. We each may be filled with confidence and expect to reach our goal, for all things are working with us when we put on a new self in the likeness of Christ.

AFFIRMATION: I Am Strong To Accomplish My Ideal.

Meditation Lesson March 28, 1991

Because he trusteth in thee. **Isaiah 26:3**

UNTIL WE actually commit our lives into God's keeping, we do not trust Him fully and completely; and, unless we put our trust In Him, we can never have the perfect assurance that through Him alone may we find peace. We may feel at times that if we were in some other place or condition we would feel greater success and harmony. This thought of dependence upon outward conditions and people only tends to retard our hopes of achievement. It is not where we are, or whom we know, but what we are within our souls that counts. It is an undisputed fact that to arrive at any given point, we must start from where we are. So let us withdraw our minds from all dependence upon outer circumstances and fix them upon the truth that at every moment we are in touch with Divine Guidance.

AFFIRMATION: My Dependence Is Only Upon Him.

Meditation Lesson GOOD FRIDAY March 29, 1991

It is finished. **John 19:30**

ONE MIGHT BE led to ask, "What was finished?" Different wise men give us different answers, but of one thing we may be sure: A new and living way of life and hope has been opened from God to man and from man to God. Finished forever was any belief of man that death ends all; with those words of Jesus on the cross and His dying, the way to the risen man was proclaimed. Finished was the pain, the shame, and the scorn of those who had tried to stifle the teachings of the oneness of life and the union of man with the Father. Finished was the earthly, only to open upon the spiritual, the eternal. So it is as we remember the suffering, that we must look ahead to the glory and the triumph His death ushered in. We look beyond the cross to the victory of the risen One.

AFFIRMATION: Beyond The Cross I See The Eternal Life.

Meditation Lesson March 30, 1991

Their thoughts accusing or excusing one another. Romans 2:15

ALTHOUGH WE perhaps do not realize it, at times we exercise one or the other of these attitudes toward those with whom we associate. The difference between the two attitudes is love. It seems so easy to criticize and find fault with those whom we do not really know or whom we do not like. It is so easy to accuse them. With others who may exhibit the same failings, we are quick to excuse them. It is easy for us to refuse to believe the shortcomings of which others may speak, and we resent any kind of criticism about them. Yet we know that the Christ is within all and that each is the child of the same Father. We know that the Christ Way is to be forgiving toward all, accepting toward all and loving toward all alike, to give to all the love of the Christ Spirit. Then our love will be never failing.

AFFIRMATION: I Will Accuse No One.

Meditation Lesson EASTER SUNDAY March 31, 1991

I am the resurrection and the life. John 11:25

AS WE COME to another Easter morning, we experience a sense of being "born again," of being lifted above all the conditions that have seemed to hinder our progress. We feel that sense of unity with the Father that knows no limitation, no bondage. Easter is more than the renewed life of a recurring spring. It is the knowledge that today and every day we are resurrected from our self-imposed bondage and are risen as One with the Risen Christ. Jesus in the tomb was not a failure as the disciples thought. Instead, they found the miracle of a great success. He had not failed; He had kept His promise to rise again. Because He rose from the tomb, we today center our thought upon the truth that there is indeed no death, that each day we rise in new and everlasting life.

AFFIRMATION: Today I Am Raised From Bondage Of Self.

Meditation Lesson April 1, 1991

He that handleth a matter wisely shall find good. Proverbs 16:20

THE ONE BASIC power in the universe is God, and He cannot be evil. If He were evil, then all life would be evil and, hence, self destructive. As evil is not a part of God, we know that the belief in evil is destroyed when the light of Truth is turned upon it. Love being the greatest truth, we recognize evil as unreal and so reduce it to the nothingness that it is. As followers of the Christ, we know we are a part of God and that love is everywhere present. Love frees us from all conditions of limitation, for love is only good and all powerful. We demonstrate this truth by seeking to know and understand God in all His fullness and power. As we come into this knowledge and this oneness, we become not only loving but love itself. As we think Truth, we release the power of love and love is the fulfillment of the law.

AFFIRMATION: Daily I Strive To Give Forth More Love To All.

Meditation Lesson April 2, 1991

Delight thyself also in the Lord. Psalms 37:4

IT IS RIGHT that we should take joy in gifts, in happy things and in the accomplishments of ourselves and of our friends. Such an attitude shows an appreciation of life and all the good that it brings. We should not stop there; we should learn to delight in Life itself, knowing that it is the essence of all progress and evolution, for life is God made manifest. To get the most joy out of living, we must learn to live in harmony with all life; then we will not become resentful and bitter when experiences that we do not like come to us. When we do this, we will find that most experiences we have will be good and for our growth and understanding. May we appreciate life more fully and all it gives, knowing that every blessing comes from the loving heart of the Father. Then we will be joyful in all of life's experiences.

AFFIRMATION: I Delight In All The Good Of Life.

Meditation Lesson April 3, 1991

Then thou shalt have good success. Joshua I:8

WE ARE BUILDING on a sand foundation so long as we feel that our success depends on people or existing conditions. Such a belief is much more likely to end in failure than in progress. When we awake to the Truth of Being, we shall know that we have only ourselves to reckon with, for within every human soul is an abiding place of the Most High. Every man is an inlet and may become an outlet of the Infinite. As we are always at one with God, we need not look outside ourselves for the possibility and the assurance of success. Our first step toward real and lasting success is the realization of our unity with the source of all life, God; then our acceptance of this truth will lead to our complete reliance upon Him for all our strength, wisdom and power. Success is ours as we turn to God in trust and accept His good for us.

AFFIRMATION: My Success Depends Upon Unity With God.

Meditation Lesson April 4, 1991

And thine health shall spring forth speedily. Isaiah 58:8

ALTHOUGH HEALING comes from God, we each have a part in our own healing. The essential part of our being is the Christ Spirit dwelling within. We have experienced how the word of faith has brought healing to ourselves and to others, but we often marvel at the absolute faith we meet at times. In the case of the Centurion who requested, "Speak the word only, and my servant shall be healed," even Jesus marveled as He said to the man, "As thou hast believed, so be it done unto thee." Each one may speak the word of healing from the Christ Self within, and the healing power will flow through and in us and out to those to whom we speak the word. The fullness of infinite life quickens our minds and bodies so that we become a channel for this power. Then His favor will shine on us like the morning sun.

AFFIRMATION: I Speak The Word Of Faith To Heal.

Meditation Lesson April 5, 1991

And greater works than these shall he do. John 14:12

THIS IS A direct and definite promise made by Jesus to all men. Before we are able to do those greater works we must first believe on Him; believe in the same power that made it possible for Him to do those great works. He knew the source of that power was not in Him, but in the Supreme Source of all life, the Father of all men. When we, like Jesus, have become awakened to the consciousness of our Sonship with God, we shall be led step by step into the understanding that whatsoever the Father hath is ours, even the power that He, the Father, hath. The stumbling block with many is that they may feel that the power is of themselves. We must not for one moment feel that we, ourselves, are putting power into the Law; we are but channels through which the Power of God flows when we believe.

AFFIRMATION: I Make Myself A Channel For God's Good.

Meditation Lesson April 6, 1991

For charity shall cover the multitude of sins. I Peter 4:8

IT IS NOT people or conditions in themselves that matter to us. What does really matter is our thought about people or conditions. The harmonious life is attained if we send out only good thoughts toward all people. True health and happiness come only through forgiveness and love to others. The spirit of the Christ within each one dissolves hate and resentment that result when personal self rules our lives. We have but to follow the teaching of Jesus, to give love to those who have done us harm, and to pray for those who have despitefully used us. No evil can stand before the power of love, and it is the one who loves most who wins the victory. Living in the light of love is a shield against evil and, at the same time, we are able to help the other person as well. Above everything else, we must love one another.

AFFIRMATION: I Love As I Would Be Loved.

Meditation Lesson April 7, 1991

Is not this the Christ? John 4:29

THIS STORY of the woman at the well shows us the many ministries of Jesus. The hatred then existing between the Samaritans and the Jews gave Jesus the opportunity to break down that wall of misunderstanding. This woman's question, "Art thou greater than our father Jacob?" disclosed skepticism and doubt. Then, as Jesus spoke of the water of life He could give her, confusion was in her mind because she lacked discernment between the natural and the spiritual. Spiritual truths can be comprehended when one has become attuned to the Infinite, and thus receives the living water which He gives us; yet, this woman's thinking was receptive, and her spiritual rebirth is evidenced by her desire to tell others, for she went into the city and said, "Is not this the Christ?" Because of her belief, we are told, many people came to Jesus.

AFFIRMATION: I Seek The Living Water Of Truth.

Meditation Lesson April 8, 1991

Every kingdom divided is brought to desolation. Matthew 12:25

THERE CAN be no consistent growth except in a steady singleness of purpose. When we scatter or divide our purpose, the results will be indifference and confusion. All of the chaos in our lives comes as a result of thought that swings between two or more beliefs. There are so many conflicting conditions in which we are more prone to believe than the one principle of Truth. If we are to travel a successful course through life, we must devote ourselves to a singleness of belief and follow that course through to accomplishment. Just as no kingdom divided against itself can stand, no one who divides his attention between good and evil can succeed. Regardless of conditions that would divert us from a singleness of purpose, let us select only such thoughts as are true to the Christ, and in that way we will achieve singleness of purpose.

AFFIRMATION: I Follow Only The Course Of Truth.

Meditation Lesson April 9, 1991

Thou shalt be as the morning. Job 11:17

WITHIN EACH is the gateway to the Father. In this Self, is all that we have been and will ever become. In this Self, our personal thought and imagination become one with the Infinite One. Here, we perceive the untold possibilities of man's life because it is a part of and at one with the Universal, the Oversoul. Here in the Self we catch the boundless freedom, the inspiration and the limitless power of the Christ, which is a part of every man. It is here that we can commune with the Father and it is here that we free ourselves from the bondage of fear and superstition. Here in the Self, we are permeated and surrounded with health and harmony and realize that, as a part of the All-power, we can do and can be whatever it is we desire to do and to be. Our true self can then shine as the morning sun.

AFFIRMATION: I Submerge The Self With The Father Within.

Meditation Lesson April 10, 1991

The Spirit of your Father speaketh to you. Matthew 10:20

THE INFLUENCE of the spoken word cannot be overestimated. Speech can be uplifting or depressing; it can give peace to the troubled mind and ease the aching heart, or it can produce grief and distress. It can bless, or it can destroy. Loving compassion flowed through Our Lord's words in His ministry of teaching and healing. The Apostle Paul's familiar words stress the emptiness of words if love does not control our speech. As followers of the Christ, we should ever seek to guard well our words and speak only strong, courageous, loving words that will bless and strengthen. Let us praise the voice as a channel through which the Father's love and understanding are expressed to the entire world. Let us control the tongue by compassionate understanding of all we meet so our words will go forth to bless.

AFFIRMATION: I Will Speak Only Words Of Love And Power.

Meditation Lesson April 11, 1991

For it is God which worketh in you. Philippians 2:13

IT SEEMS STRANGE that we, at times, fear allowing God to work in and through us that His will may be made manifest. We fear that His will might be less profitable or less pleasing than our own will. We experience the effects of our own understanding in the attainment of our dreams and ambitions; yet, how can we doubt that God, being the Source from which we derive all, could have a less desirable plan for us? God does not have a plan of good for one and a plan less good for another. All that He has and is, He gives to all who will accept it. How much better it would be if we would willingly and gladly surrender ourselves to His will and allow His love to flow freely through us. We need not give up any good desire or choice, for when all of our affairs are safe in His hands, we can trust that only good will come to us.

AFFIRMATION: I Accept Gladly God's Will For Me.

Meditation Lesson April 12, 1991

Walk as children of light. Ephesians 5:8

TO WALK AS children of light, we must show forth to others what we are. If we walk as children of light, we will let our light shine, for in so doing we demonstrate to a waiting world what light is and that it is of Christ, for Christ is the Light. Whatever enters into our lives must be judged by the light of understanding, whether it be worthy of a follower of the Christ. As children of light, we can have no fellowship with the spirit of darkness, for light is the power that dispels the darkness. If the light we send out is the true light of the Christ within, it must not only be lived but must also be a protest against the works of darkness. Simply stated, to walk in the light is to obey the voice of the Christ in all that we do and say. "Arise, shine, your light has come," says Isaiah. His light is our light when we walk in His footsteps.

AFFIRMATION: I Send Forth The Light Of Christ To Others.

Meditation Lesson April 13, 1991

Who are kept by the power of God through faith. I Peter 1:5

FAITH IS confidence in some one or some power that we have never seen. Paul said, "We are saved by hope; but hope that is seen is not hope, for what a man seeth why doth he yet hope for it?" The virtue of faith is that we choose to believe when we might doubt, when all appearances seem to indicate the opposite of that faith. If there were but one road, would there be doubt or faith concerning the right road to take? It is because our physical senses may cause us to doubt that we need to exercise faith, for true faith must be the voluntary choice in one's mind. We have all known times when the Presence of God was so real that there was no room for doubt. There have been other times when we had to cling blindly, to trust when we could neither see nor feel. When we trust thus, we are living lives of faith.

AFFIRMATION: I Walk And Live By Faith.

Meditation Lesson April 14, 1991

This poor widow hath cast in more than they all. Luke 21:3

ALL THE TEACHINGS of Jesus were with authority. Realizing that the matter of giving is such an important fact in men's lives, He gave us this lesson of true giving. The rich had been giving out of abundance, but the poor widow gave more than all because she gave to the very limit out of her small and scanty store. He shows us that God is not interested in the largeness or the smallness of the gift. It is the gift that comes from the heart that is acceptable to Him, whether it be great or small. A true gift represents a true interest in the kingdom. Many give, thinking that because of the giving and the gift, even greater good will come to them. This is not true giving. We should give even when it means a sacrifice, a hardship. This was the widow's giving "all that she had."

AFFIRMATION: I Give Freely Of All That I Have.

Meditation Lesson April 15, 1991

The breath of the Almighty hath given me life. Job 33:4

WHEN WE take time to claim for ourselves the fulfillment of God's promises, we begin the day's work with the strength and inspiration for achievement. Through meditation, we become conscious of perfect wholeness of body and no longer think of it in terms of the purely material. We think of the body as the fitting dwelling place of Spirit, which indeed it is. Our minds become established in thoughts of health because we know that Spirit is health and that, coming from Spirit, the body has the quality of its source, perfection. We thus clear our thought of all false suggestions and allow only the animating Essence of Life to keep us whole. We understand that the soul and the body are in unison with each other, and what affects one affects the other. As we draw our breath and life from God, so also we draw wisdom.

AFFIRMATION: My Body Reflects The Spirit of Health.

Meditation Lesson April 16, 1991

I was not disobedient unto the heavenly vision. Acts 26:19

MOST OF US have visions of higher and nobler things, but those ideals will be of little or no value to us or to the world unless we do something to bring them into manifestation. When we carry into effect the ideals of goodness and love, they may be the means of transforming our lives from ill health and poverty into lives of health and abundance. Because of his vision, and his following that vision, Saul of Tarsus, the persecutor, became Paul the apostle of Christ. When he heard these words of Jesus, "Saul, why persecutest thou me?" he replied, "Lord, what wilt thou have me to do?" From that time on he became a witness of the things that he had seen. Today we, too, are witnesses of the Truth that there is God and God only, for we are each and all a part of the Father.

AFFIRMATION: I Work To Bring My Ideals To Fruition.

Meditation Lesson April 17, 1991

The eyes of all wait upon Thee. **Psalms 145:15**

ALTHOUGH WORLD conditions may seem chaotic, with the eyes of truth we discern the hand of God guiding, sifting, toward the ultimate kingdom of heaven upon the earth. There is ordained the perfect circle which makes for all good — Giving and Receiving. It is the wrong functioning of this law that results in the world crises. Before there can be a permanent world peace, the people of all lands must learn to accept this law of mutual good. The perfect condition of men on earth is a hate-free and fear-free world practiced one for all and all for one. With our spiritually awakened consciousness, we are able to look beyond conditions as we know them today into the world of love and harmony of nations peopled with the Christ Spirit. Then all living things will look hopefully to God, and He will supply every need.

AFFIRMATION: With Eyes Of Truth I Discern The New World.

Meditation Lesson April 18, 1991

Thou art my hiding place. **Psalms 32:7**

HERE THE PSALMIST would teach us that God is continually striving to become a reality in our everyday lives. Perhaps never before have these words meant so much as at this hour when so many are filled with fears and doubts of the future. It is indeed pitiful for those who do not know or realize that they have this "Hiding Place" where the storms of a chaotic world cannot reach them. The one who really knows the Father and holds daily communion with the Christ is safe in the assurance that God is his refuge and his defense. That one takes courage, for he knows that the voice is not from some far distant past but from the very present saying, "Lo, I am with you always." It is a joyous thought that all who will may know the refuge of this hiding place where we are saved from trouble and trials of this life.

AFFIRMATION: I Am Safe In The "Hiding Place."

Meditation Lesson April 19, 1991

The truth shall make you free. John 8:32

IN THIS STATEMENT we are told that only through knowledge of Truth can we free ourselves from limitation and oppression. It is not merely knowledge of the Truth, but the consciousness of making that knowledge a part of our being. We know the Truth that because God is God, His Kingdom is right here on earth, and the acceptance of this knowledge is the Truth that frees. Knowing this Truth, we need not strive with our environment and with people, for we are able to retire to that inner place where we are alone with God and are at one with the Father. We may indeed be free in the Truth that God is with us every day, through every experience, giving to us of His love and His Wisdom. Then we are able to rise above all limitation and become the man or the woman He has created us to be.

AFFIRMATION: Through The Truth Of Christ I Am Free.

Meditation Lesson April 20, 1991

And Him only shalt thou serve. Matthew 4:10

FROM OUR OWN experience we know that we cannot serve two masters. Either we are servants of conditions and experiences that exist in our lives, or we are faithful to the knowledge of the power of our own thought that we are dealing with Original Spirit to change old conditions and create new ones In our lives. We are always the servant to that which we obey. Though we may have been bound by our belief in limitation, we have the power to free ourselves from those conditions and to choose to serve Him. When we have reached the place where we have faith in the promises of God, believing where we cannot prove and have not seen, blessings untold will come to us. God does not choose to hold man to Him; we have the freedom of making our individual lives what we will.

AFFIRMATION: I Choose To Serve Only God.

Meditation Lesson April 21, 1991

Study to show thyself approved unto God. II Timothy 2:15

OUR VALUE as a workman in the kingdom of God is measured by what we make of ourselves. If we have failed to develop the talents of an understanding mind and loving heart, we are a poor medium through which God can reveal Himself to the world. Inspiration comes through one who lives the Spirit. None of us can grow alone. In order to develop our own powers, it is necessary that we serve our fellow men. The power for personal growth and service to others is God. Society without religion is only on the surface. Many, today, endeavor to build a civilization founded upon material resources and human energies alone. In order that civilization may be complete, God must be the head, and we must constantly serve Him, thus setting an example for others to follow.

AFFIRMATION: I Will Be A Worthy Workman For God.

Meditation Lesson April 22, 1991

Be thou clean. Mark 1:41

EACH MORNING brings new life to each one. yesterday with its sorrows, its joys, its gains and losses is gone, giving place to a new beginning, new opportunities. The night's rest has given new strength to both body and mind. However, more is needed than strong bodies and minds; our lives need a new spiritual power, a higher resolve. With the coming of each new morn we need to become a "new creature in Christ Jesus." We should seek to find new ways in which we can serve God more, in which we can give more loving service to our fellow men, thus serving Him. Just as the sick and suffering needed His touch in the old days, so do we need His touch upon our lives to give new wisdom, new inspiration, a clean body, clean mind, clean spirit. We are renewed completely as we thus put on the mind and Spirit of Christ.

AFFIRMATION: I Am Made Clean Through Christ.

Meditation Lesson April 23, 1991

Suffer little children. . . **Matthew 19:14**

WE CAN remember how simple life was when we were children. We had someone with whom we felt safe and secure. We knew that when we did wrong we would be punished, but it was done kindly and lovingly, showing us the right way from the wrong way. All our childish needs and desires were taken care of by those same loving minds and loving hands. With the years came responsibilities, decisions to be made, those whom we must guide and protect. Yet in these later years we have had the desire for someone to guide us, to teach us and give us wisdom. The Indwelling Christ is ever present, ever there with protection and understanding, so we have found this guidance, this One to give us wisdom. God is our Guardian to whom we may go at all times. And we must enter His Kingdom with the faith of a little child.

AFFIRMATION: God Is My Source Of Wisdom And Help.

Meditation Lesson April 24, 1991

The Lord . . . fainteth not, neither is weary. **Isaiah 40:28**

THERE IS only one way to be successful in that which we undertake, and that is to be steadfast and refuse to give way to discouragement. Every person who has accomplished the worthwhile has passed through periods of discouragement and trial. When a farmer prepares the ground to plant his crop, he has confidence in the power within the seed to bring forth the harvest. The same is true of our efforts, for the power within is limitless and, as we turn to this inner power, we can rejoice that through it we are able to go steadfastly to the end. All of the teachers of the ages have urged mankind to be strong and of good courage. We have the power to dispel from our minds all thought of weakness and limitation that would bar our progress. If we remain steadfast and confident, He will keep us strong.

AFFIRMATION: I Am Of Good Courage Through Christ.

Meditation Lesson April 25, 1991

We are debtors. **Romans 8:12**

THE GREATER THE MAN, the more his obligations. Men are not great because of their own present abilities and works; they have been made great because of contributions of the experience of the human race at its noblest and best. So it is that the greatest soul is also the greatest debtor. That person knows that he owes something for what has gone into the building of resources and reserves of his life. Christianity is the highest effort of the soul to meet the obligations of the living in this present world. Jesus faced the heaviest obligation that could be given to a life, and He poured into it the greatest love and compassion of any soul. In meeting the challenge of our debt to other lives and other ages, we are giving the full measure of courage and hope against whatever the world may offer.

AFFIRMATION: With Courage And Love I Pay My Debt.

Meditation Lesson April 26, 1991

To every thing there is a season. **Ecclesiastes 3:1**

IT WOULD BE WELL for us to determine those things that are most urgent and those things that are most important. Too many times we urge ourselves to accomplish certain things, while the finer and nobler faculties become crowded out. All time is God's time and, by sensing the Infinite, we find we have the wisdom to meet every need without haste and confusion. There is no need to hurry or strain in our daily experiences, for all the time there is belongs to us, and right now we are each in our right place for the accomplishment of the work that is ours to do. There is always time to show forth the Christ love within our hearts, to share our understanding of the Truth that Jesus came to give us. In God's kingdom there is only Infinite life, and that Infinite is ours to share.

AFFIRMATION: I Have Time For Every Noble Act.

Meditation Lesson April 27, 1991

And the work of righteousness shall be peace. Isaiah 32:17

WE SOMETIMES confuse the thought of loneliness with that of being alone. The great progress of civilization has been made possible from the thoughts of those who have known solitude, who knew the meaning of the silence and how to enter it at any time. Today it is well that we, too, learn to be alone where we become aware of the nearness of God. In the quietness of our souls, the hidden creative power is released, for out of the silence comes confidence to do that which we have sensed in the Presence of God. We sometimes neglect to seek out this hidden strength to be found from the communion of Spirit with its Creator. Let us strive to understand that in the face of any problem, we will find its answer when we become quiet and listen to the still, small voice of the soul.

AFFIRMATION: I Will Go To The Silence For Inspiration.

Meditation Lesson April 28, 1991

He hath made every thing beautiful. Ecclesiastes 3:11

WE MUST constantly renew and refresh our minds through meditation and prayer. In this way only may we find increasing health and happiness. In our search for happiness, we must know that true happiness and peace of mind come from the deeper thoughts of the soul in its union with its Creator. There is nothing occult or mystical about happiness, for residing within each one is the all creative energy necessary for the perfect maintenance of our affairs. Let us welcome the opportunities of each day and face every experience with understanding and love. We are surrounded with beauty and joyous expression of life. In the words of Longfellow, "We can make our lives sublime and, in parting, leave behind us footprints on the sands of time." So let us go forward rejoicing.

AFFIRMATION: I Rejoice In The Beauty Of All Life.

Meditation Lesson April 29, 1991

Fear thou not, for I am with thee. **Isaiah 41:10**

WITH ALL THE promises of the Father, it seems strange that we should fear for the lack of any good. All about us we see the power of God and must understand that His Universal Law applies to the smallest and the greatest of His creation. This Power in its infinitude is ours to use here and now. May we not, therefore, open our thought to receive of it what we will? Let us be alert at all times to feel the flow of love throughout our bodies and affairs. However, we must consciously link ourselves with this power and its unlimited possibilities. Each day we can live in union with its boundless resources. We realize through true understanding that God is not only the Creator of the Universe, but the entire order of creation is dependent upon His will. So why, then, should we fear?

AFFIRMATION: I Fear No Thing Or Condition.

Meditation Lesson April 30, 1991

Because I live, ye shall live also. **John 14:19**

WHEN THE CHRIST within begins to assert His true identity, we recognize ourselves as spiritual beings. Then the personality takes on the radiance of Christ in much the same way as an electric light bulb takes on the light of electricity when it is connected with the source of power. Through meditation and communion of man's soul with its Source, this door is opened, and the contact is made so that the light from within can come through. As we consciously live in this union with God, heart and soul become opened to the inflow and the outflow of this free-flowing life and power. When we learn to surrender ourselves and all our affairs to life's ever-renewing and life-giving currents, then in Truth and only then, are we at home in God, and His presence makes all things new.

AFFIRMATION: I Surrender Myself To The Power Of Love.

Meditation Lesson May 1, 1991

The flowers appear on the earth. Song of Solomon 2:12

WITH ALL LIFE bursting in glorious bloom on this first day of May, we are reminded more deeply of the abounding life and joy and beauty of the Father's love. In our hearts is the desire to share our joy with those whom we love, and with those who may be shut out from the fullness of life. This morning, many are ringing doorbells to leave their baskets for one they love or someone in need of cheer and light. The beautiful custom celebrating May Day, however, is one which we may carry with us each day of the year — the sharing of our happiness with others. We can carry this message into the darkest corners of the world by sending our thoughts like the singing birds and the fragrance of lovely flowers. Then our song will awaken in others the awareness of God in all creation.

AFFIRMATION: I Send My Thoughts Of Love To All Today.

Meditation Lesson May 2, 1991

But the way of the ungodly shall perish. Psalms 1:6

WHEN WE ALLOW ourselves to think of our way in life as that of failure and suffering, we find life one of hardship. We seem to go our way alone, being driven here and there by the action of fate. But when we understand that God is with us, attending and inspiring us to joy and success, life takes on a new meaning. Then life is good; to live is sweet. When wondering what to do, wanting to be shown the path to take, let us turn to the God within and feel that He walks our path, directing us into the ways of peace and harmony. Let us be willing to lead the impersonal, selfless life in order that we may lay hold of the richer things that He has in store for us. Let us rejoice in His way that leads us into abundance. For we know that the righteous are guided by God, and those who follow Him will succeed in all they do.

AFFIRMATION: My Way Is The Way Of Joy And Peace.

Meditation Lesson May 3, 1991

Whence then cometh wisdom? Job 28:20

MANKIND is beginning to realize that human wisdom has not made for peace, happiness and contentment. While attaining some measure of them, eventually we perceive that only by the use of the wisdom that is above human wisdom — spiritual wisdom — can we hope to have a full measure of peace and happiness. Wisdom, which Job called more precious than rubies, is the free gift of God to us; but it cannot enter the mind and heart that is filled with hate, bitterness and resentment. Only when love — the spirit energy that is God in expression — fills the minds and hearts of men, can it open the way for His wisdom to come in. This wisdom illuminates our minds and enables us to see the Christ in every man and the good in every situation. In God, we find the way of wisdom.

AFFIRMATION: The Spirit Works Through Me For Good.

Meditation Lesson May 4, 1991

Lay aside every weight. Hebrews 12:1

WORRY IS CAUSED by the fear that some harm will befall us. We fear sickness, unhappiness, lack of many kinds. Worry can have no foundation in Truth; only that which is God, Good, has any reality. Our consciousness cannot hold both worry and faith in God. A mind that is divided between Truth and negation is confused. Let us this day have faith in the life of God to make us whole, faith in the strength of God to sustain us, faith in the peace of God to smooth our pathway, and faith in the substance of God to enrich all of our affairs. When we are free from all worry and anxiety, the weight that hinders our progress is lifted. With true faith in God, nothing can deter our spiritual growth. So let us rid ourselves of everything that gets in the way, so we can run the race before us, keeping our eyes fixed on Christ.

AFFIRMATION: Faith In God Frees Me From All Fear.

Meditation Lesson May 5, 1991

I shall come in the fulness of the blessing. Romans 15:29

WITH TRUE understanding, we know that we live in a world in which blessings surround us in bountiful measure. In our world is a consciousness of every situation, an awareness that every person who comes to us must bear us a blessing. Those who are always receiving the best in life attract to themselves good of all kinds. These have come into the consciousness of their relationship to God and to His blessings. When we learn to look for and to expect blessings, we find them being poured out upon us in unexpected ways. They come to us only as we turn our thoughts inward to behold them. When we have learned to live in the realization that peace, joy, health and plenty, all these are ours and will be made manifest in our lives if only we will prepare ourselves to receive them.

AFFIRMATION: Every Experience Carries A Blessing.

Meditation Lesson May 6, 1991

For my expectation is from him. Psalms 62:5

ONE OF THE FIRST lessons the Truth student learns is that right thoughts and deeds bring right results; if we live in accordance with God's laws, good will surely manifest itself in our lives. A hopeless outlook upon life pushes away the good and yields only more hopelessness. Let us resolve to train our minds and hearts to live always in expectation of good. As expectation of disaster brings chaos and despair, so expectation of good brings abundant blessings and joyous fulfillment. Let us expect only that which we desire to see manifest. We will know that only that which brings us joy and peace can then come to us. As we begin each morning in an expectant state of mind, our lives will be filled to overflowing with God's richness, for we depend on God alone and put our hope in Him.

AFFIRMATION: I Expect And Receive Good At All Times.

Meditation Lesson May 7, 1991

The eyes of them that see shall not be dim. Isaiah 32:3

WE SHOULD THINK of our eyes as gifts from God by which we are enabled to see His world of beauty. We should recognize them as the eyes of God through which we behold all things in Truth. Even though we may not see perfectly at the moment, we should not condemn our eyes but should relax and bless them. The Spirit of Christ is the spirit of healing; it is present today just as it was two thousand years ago. The Christ that caused the blind to see is the same Christ that opens and strengthens our eyes today. It is right that we should have strong eyes, but to do so we must rise from belief in poor eyesight and know the truth, that our eyes are the eyes of Spirit and therefore perfect. There was a time when we saw "through a glass darkly," as Paul says, but now we see with eyes made perfect.

AFFIRMATION: Through The Spirit Of Christ I See Perfectly.

Meditation Lesson May 8, 1991

So we also should walk in newness of life. Romans 6:4

WE NEED not continue in old thoughts or manifestations of weakness, disease or lack. Newness of life is ours in Christ, for all the cells of our bodies are blessed with the vitalizing power of the Spirit. Christ was raised from the dead through the power of the Father that penetrated and renewed to radiant life every cell of His body. This light shines eternally to renew all who will enter its healing rays in faith and prayer. Why then is there sickness, death, destruction? It is because we have not laid hold of the newness of life. We have let thoughts about old age, old experiences, old conditions, hold us back; but we need do so no longer. In the newness of the Christ life, we become new creatures. Old habits, old fears, old temptations are left behind as we accept the new life that has been given us .

AFFIRMATION: I Rejoice In Newness Of Life In Christ.

Meditation Lesson May 9, 1991

My soul shall be joyful in my God. Isaiah 61:10

IN THE JOY of Spirit there is no place for man's belief in sadness. The race belief that people and things have power to cause sorrow must give way to the truth that nothing in all the world can limit or destroy the joy of God at the heart of our being. True joy comes from the realization that the spirit of God is at the center of our being and radiates from His presence. We should think of joy as something unaffected by outer conditions. True joy is our realization of God's power over things of the world . So may we rejoice to the extent that we know the truth of our union with God, the source of our joy from whom our own joy radiates. Let today be filled with the expression of that joy. Like a bride dressed for her wedding, we are clothed in the victory of peace and joy. We rejoice because of what the Lord has done for us.

AFFIRMATION: The Joy Of God Fills Me Through And Through.

Meditation Lesson May 10, 1991

Make you a new heart and a new spirit. Ezekiel 18:31

GOD IS GREATER than the heart of man, greater than race or national ideas, greater than any feeling of ill will or unhappiness, greater than any heart-sickness. God within the heart is the love that never fails. Nothing can change the love of God, for it is steadfast and unwavering. Thinking about the greatness of God's love within our hearts and within the heart of all humanity will free us from unhappiness, discord or condemnation . The presence of God within us makes and keeps our hearts strong. A strong current of harmonizing love flowing from our hearts will strengthen, heal and bless every part of the body and every corner of our world . Let us daily seek to know more of God and His love, for love is the healing power. Let us allow Him to make new hearts, new spirit and new hope within.

AFFIRMATION: The Love Of God Makes Perfect My Heart.

Meditation Lesson May 11, 1991

In all thy ways acknowledge him. **Proverbs 3:6**

IT IS THE PRACTICE of our ocean liners to anchor in quiet waters and make a final examination of the compasses just before setting sail. It is in the still waters that a perfect adjustment of the instruments can be made, and only then can the instruments be certain to guide the ship on its way. We find prayer is like that. In our quiet moments of meditation we are able to adjust the compass of our lives, for there are forces that would deflect us from the course to our haven of peace and safety. We may today carefully plan the course for the day, yet constant care must be taken if we are to keep on that course. It is not enough to start in the right direction; we must keep close to the Presence of God if He is to direct our course. If we learn to "lean not unto our own understanding," we will acknowledge him in all things, and He will direct our paths.

AFFIRMATION: God Directs Me In The Right Course.

Meditation Lesson MOTHER'S DAY May 12, 1991

Behold thy mother! **John 19:27**

FOR CENTURIES past, the name of mother has been the symbol of love and sacrifice. This thought has been voiced by many of our wisest and greatest men and women. Most of us can trace to mother, more than to any other person, the molding of character. In the life of Jesus, we find this tender thought for His mother even while on the cross. Because He knew that she would be alone in a hostile world, He committed His mother to the care of His dear friend, John. Again today we would dedicate our lives anew to the ideals learned from our mother. Those of us who have her with us send gifts of flowers, letters and other thoughts of love. For many of us mother has passed on, but her memory is fresh in our minds and hearts as we honor her with hearts filled with praise to God for her example.

AFFIRMATION: My Mother's Faith And Love Shines In Me.

Meditation Lesson May 13, 1991

For thou art my lamp, O Lord. II Samuel 22:29

WITH FAITH in the inner light we cannot be ignorant or unilluminated. We cannot be undecided about our lack of wisdom or what we should do. Let us increase faith in the light of Christ within — the light of our higher self. Faith in the power of Spirit to illumine our consciousness casts out every darkened belief and establishes the truth of God. The light of Truth causes us to see all things in their right relationship. Beholding ourselves in the light of Spirit, we see ourselves whole and prosperous. When we obey the leading of this inner light, we always do right; then we are led into that which is for our highest good. Through following the inner voice, we are guided into that which the Father would have us do. God dispels the darkness of our lives; He is the Light before us, and as we follow Him we walk the way of Truth.

AFFIRMATION: I Obey The Inner Light In All That I Do.

Meditation Lesson May 14, 1991

Be of the same mind one toward another. Romans 12:16

ONE SHOULD GUARD against any of the thoughts that might cause a feeling of separation from others. It is possible to live apart from that side of life that is worldly and confused, but we cannot live a complete life and be apart from the unity that unites us with God and with our fellow men. Even when alone in the silence, we should feel that we are one with all life in the universe. When we come to feel this at-one-ment with God, we should know that we are also at one with all men and all things. As we enter this spiritual consciousness, we perceive the great bond by which the Spirit binds all men together, and joins us with all other persons. Only in this way can we know life in the fullest. We are called to bless those who persecute us, and pray for those who wish us harm, loving all equally.

AFFIRMATION: I Am Joined With All People Through Love.

Meditation Lesson May 15, 1991

For the earth . . . receiveth blessing from God. Hebrews 6:7

GOD'S BENEDICTION is ever with us. It is His seal of approval upon His greatest creation. We have only to accept it in order to realize the fullness of His boundless love — a love that supplies our every need even before we are conscious of it. As we go to the Father each day in prayer, we feel His peace descending upon us. Our lives become established in beauty and harmony, and we create around us an atmosphere that reveals His loving presence. In this way we make of ourselves a benediction to all whom we contact. How thankful we are to be enfolded in His care. How grateful we are to feel His loving kindness toward us and know that no evil can come near us. Abiding In God's love, we become instruments of His peace. Just as God blesses all of His creation, we must bless all we meet.

AFFIRMATION: This Day I Abide In The Father's Love.

Meditation Lesson May 16, 1991

For there is no power but of God. Romans 13:1

THE MAN who lacks an understanding of his relation to God creates a state of mind in which he considers himself under the power of disease, want and unhappiness. He feels that these destructive qualities have reality and power, and he lives in a world seemingly devoid of God. Truth teaches that the one and only Power is God; any seeming power opposing Him is simply counterfeit. Through Truth we give less thought to evil, disease and hate. Then the Power, expressing itself as health and love, rules our lives completely. When we have learned to think only of the power of God, we recognize every evidence of good and every manifestation of health as an expression of God. Just as a light in the home plugs in to the power of electricity, we are able to allign ourselves with the power of God for our lives.

AFFIRMATION: God's Power Is The Only Power In My Life.

Meditation Lesson May 17, 1991

How excellent is thy lovingkindness, O God. Psalms 36:7

HOW LIKE MAGIC is the action of love. It solves problems, heals disease, neutralizes hate, and frees us from all sense of fear. When we have failed to solve our problem, let us try love and then more love. Let us turn to the love of God and let His presence fill our beings. Let our hearts be so filled with love that we radiate it to all persons at all times. With love in our hearts there can be no room for thoughts of hate or fear. No adverse thought or situation can be attracted to us when we are filled with love, for love is a protection. May we learn to abide in the consciousness of God's love and discover ourselves becoming more loving toward others. Then we will be blessed beyond all expectations; we will feast from His great banquet and drink from the river of His goodness. We will find protection under the shadow of His wings.

AFFIRMATION: I Freely Express The Love In My Heart.

Meditation Lesson May 18, 1991

But he spoke of the temple of his body. John 2:21

WHEN WE DENY that the body can be limited by race beliefs of disease and decay, we free it from the thought of being under physical laws of matter. Through our spiritual consciousness, we come into the realization that we are all spirit and that the body, being God's temple, must be spiritual. Each day it is being transmuted and transformed into the spiritual life of Christ, and all particles of matter are changing into that divine substance that is their true nature. God's presence fills our temple with life, health and joy, and causes it to become like unto Him in every respect. His presence of life and love causes life and love to be manifested in our bodies as healing life. We know that our bodies are the temple of God, and that His Spirit lives within us.

AFFIRMATION: My Body Is The Temple Of The Perfect Christ.

Meditation Lesson May 19, 1991

Hold fast that which is good. **I Thessalonians 5:21**

EITHER GOD, Good, is all there is, or we believe that His presence and power are shared with some other presence and power. Eventually we must come to know that in Truth God is all, and evil is but a belief in something opposite of anything that is true. There can be no opposite of the truth about our health and success. In the sight of God there is no truth in any evil thought, no truth in any limiting belief that we may be holding of ourselves. The realization that God is all and in all, that He alone is true, will clear from our minds the belief in the presence or power of what we have called evil and its seeming power. Let us free ourselves from limiting thoughts of evil to the abundance of good that awaits us. We must be joyful always and thankful in all circumstances, pray at all times, for this is the will of God.

AFFIRMATION: Only The Good Is True.

Meditation Lesson May 20, 1991

He dedicated for us, a new and living way. **Hebrews 10:20**

WHEN TRUTH comes into our lives, we realize that there is no place for old and useless beliefs. Let us give up old beliefs that would bind us to crystallized conditions and open our minds to the new ideas and constructive beliefs that are of Spirit. With these new ideas flooding our being, we see all things in a new light. We see ourselves, our associates, our home and entire world freed from limiting beliefs. We enter this new world in which there are no unpleasant memories of the past, no bondage to old worn-out practices. With our environment cleared of all conditions causing unhappiness, we come into a new consciousness of life in which there is only the environment of love. We behold all life in the eternal newness of Spirit. Let us hold firmly to this consciousness, for we can trust God to keep His promise.

AFFIRMATION: A New World Is Revealed To Me.

Meditation Lesson May 21, 1991

Thine health shall spring forth speedily. Isaiah 58:8

WHEN WE BECOME conscious of the Christ within, our life and health take on a new and vibrant energy. Our minds being filled with the allness of Christ, we cease to think of disease and replace race beliefs with the truth about our own divinity. Belief in disease is based upon the race thought that something outside of man can work harm to him, that something material can create an unhappy and unhealthy state of affairs in his physical body. Health comes to us when we know that there is no presence or power in our lives but the presence and power of the Christ. Thus Christ within becomes an actual presence, a living something that we discover to be our own life — the presence of abundant health and harmony. We are quickly healed of all when we turn all over to God.

AFFIRMATION: I Am Free From All Belief In Disease.

Meditation Lesson May 22, 1991

Hope deferred maketh the heart sick. Proverbs 13:12

WHEN WE LOOK to outer things, conditions and persons for our happiness, our hope is often deferred and we experience a feeling of frustration. This creates an emotional conflict, which often results in serious bodily ailment. There is a desire force within us that flows outward in its search for completeness until the will begins to consciously direct it inward toward its source. Desire force and imagination to unite our will into the experiences necessary to reveal the wisdom of the soul that we may discover our unity with God. In His presence we find our desire fulfilled, and we go forth to meet each day with joy and a sense of completeness. We enter into communion with the Unseen Presence and learn to speak the truth in love. When we rest all our hope in God, we are never disappointed.

AFFIRMATION: I Realize The Fulfillment Of My Heart's Desire.

Meditation Lesson May 23, 1991

Forgive us our sins. **Luke 11:4**

FORGIVENESS is a matter of letting go, yielding personal pride and giving up unpleasant memories. We can readily forgive ourselves when we change our ideas and give up the old belief for the truth of freedom. The same process takes place when we forgive others, for we see we have no right to condemn a fellow man. In forgiving ourselves, it is easy to forgive another his mistake, since we see the nothingness of that which causes the inharmony. We must realize its unreality in Spirit, its nothingness in absolute Truth. We cannot release it from mind if we continue to think of it as something that has power over us. To forgive, let go. Lift the eyes to heaven and behold the vision of Spirit, all freed from condemnation. God promises to cancel and forget completely. With His strength, so can we.

AFFIRMATION: I No Longer Condemn Myself Or Others.

Meditation Lesson May 24, 1991

Your zeal hath provoked very many. **II Corinthians 9:2**

THE ENTHUSIASTIC person derives a deep enjoyment out of life itself and everything he experiences. It is good that we approach life every day with a new outlook. Our consciousness of Truth will make us zealous, and we will find something to interest us wherever we are. When life becomes tiresome and ceases to interest us, let us realize that we are looking at it from the standpoint of appearances. It is not good to dissect life too much for, in so doing, we often fail to catch the significance of many details. Nature is robbed of much of its soul when we try to look "behind the scenes." May we learn to catch the meaning of life and see it interpreted through the eyes of God and our own spiritual vision. And, as we are zealous for the life God has given us, let us also be zealous to walk in the way He directs us.

AFFIRMATION: I Am Filled With The Zeal Of Spirit.

Meditation Lesson May 25, 1991

He that giveth, let him do it with simplicity. Romans 12:8

JESUS TAUGHT that the one who lives only to gain is missing the very purpose of existence. We should give generously of the good that is ours to use and to share with others. Giving is not confined merely to the giving of material possessions. We can give of our love, our mercy, our cheerfulness, all of which are gifts that we can give freely at all times to those who need them. Love is the most beautiful of all gifts, for in giving of love the most commonplace characters and experiences become lovely and desirable. But in all our giving, it should be done with simplicity, without praise or publicity. Whoever shares with others should do it generously; whoever shows kindness to others should do it cheerfully. In giving thus, we become a channel through which God's gifts are pouring through us to bless the whole world.

AFFIRMATION: I Give Freely Of The Good That God Gives Me.

Meditation Lesson May 26, 1991

The judgment of God is according to truth. Romans 2:2

THOUGHTS of injustice Lead us to deal unjustly with others. Injustice becomes something that we mete out to others and thus something that manifests in our own lives. But the true "world" is of truth, justice and love—the world of Spirit. God rules that world as the Supreme Judge; His justice pervades it entirely. When man learns to live in this world, he will enjoy this perfect justice. Abiding in this consciousness, we free ourselves from revenge, hate and injustice. We clear our minds from the thought that injustice can come into our lives. We establish the truth within ourselves that God is the judge, and He brings absolute justice to manifest as our own world. Manifesting God's justice in our lives, our dealings with others are true. We do not pass judgment on others, but establish God in our hearts and minds as the only judge.

AFFIRMATION: I See Perfect Justice As Mine.

Meditation Lesson MEMORIAL DAY May 27, 1991

Christ liveth in me. **Galatians 2:20**

TODAY THOUSANDS are finding their way to the quiet resting place of loved ones, some of whose lives were given that we — the living — might be free. The cemeteries are filled with beautiful floral symbols of our loving thoughts. The most glorious thought we place on the grave of a loved one is: "He is not here, but risen." Because of the silent armies of the dead and of their sacrifice to an ideal of freedom, there must come a greater spiritual awakening for millions still in bondage. May we know today, as never before, that the Spirit of Love hovers close to earth. May we — the living — stand strong in our work to light the way of love toward a new world. May our prayers of gratitude flow out to all who make our freedom secure. This is the hope to which we are called as witnesses for the one God.

AFFIRMATION: I Know My Loved Ones Live.

Meditation Lesson May 28, 1991

His bones are full . . . of his youth. **Job 20:11**

THERE CAN BE no stagnation in the life of Spirit, which fills man with youthful energy. The renewing and purifying power of God cleanses and regenerates us in mind and in body. The eternal life of Spirit is expressed through us, and we manifest youthfulness in thought, word and deed. But we must learn to think youthful thoughts. Let us affirm daily that new and youthful ideas are at work in all of our affairs, that our work takes on the spirit of new life, and that there is no tendency for stagnation because the mind is filled with fresh and new thoughts. Let us learn to feel that youth is expressed in every phase of our lives and that we are kept eternally young because Spirit in us never grows old. Being young, we are ever-changing and ever-growing creations.

AFFIRMATION: Divine Mind Keeps Me Eternally Young.

Meditation Lesson May 29, 1991

Behold, the Lord God will help me. Isaiah 50:9

MANY TIMES we pray without seeming to get results. When this occurs, let us watch our thoughts. It may be that we still believe it is God's will for us to suffer, to experience lack and hardship. This is not true, for God has given to every man talents and the vision to provide abundantly for his needs. Do we pray and place our affairs in God's hands, then through lack of faith take them out of His hands and revert to fear? We would think it foolish for someone to present us with a gift, then take it back. Yet that is just what we do to God when we refuse the gift of good He offers. Today let us place our needs in His hands and receive our good gladly. Let us accept our good with spiritual grace and thanksgiving. Let us utterly rely on His promise to give us every good and perfect gift.

AFFIRMATION: I Accept God's Good Gladly.

Meditation Lesson May 30, 1991

Even there shall thy hand lead me. Psalms 139:10

IT IS A JOY to know that wherever a man may go, he still lives and moves and has his being in God. How comforting to know that our loved ones, separated from us, are in an environment that is God and therefore good. How consoling is the thought that every environment is God, that He is in every member of the family, in every associate, and in every phase of our lives. God is our environment every moment of our lives. With the Psalmist, we can say that if we go to highest heaven or uttermost parts of the sea, God is there. If we look into our hearts or the hearts of our fellow men, we will find Him there. He is in inanimate things, in the very air we breathe, in the light by which we see and live. Living in the environment of God, we grow in beauty and the stature of Truth.

AFFIRMATION: My Environment Is God.

Meditation Lesson May 31, 1991

For now we live. **I Thessalonians 3:8**

TO KNOW that we are a part of the abundant life of God helps us to come into a greater consciousness of life. If we feel that we lack life, we know that we lack a true consciousness of God. The one who seems to have abundant life is the one who knows how to draw upon inner resources. With this knowledge of our oneness with God, the understanding of truth breaks all connection with adverse experiences. Truth causes health to manifest as it causes adverse belief in disease to disappear. There are many things that are believed to have the power to give man more life and energy. But the truth is that all life and health must come from within, from the inner fountain of life. God is the Source of Life and Health. We live truly if we live in union with Christ.

AFFIRMATION: I Am Filled With Radiant Life And Energy.

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Letters *from those who found The Power*

The Mayan teachings have helped me to accept each day as a learning experience and to help others find a positive outlook on problems. The lessons have also helped me to realize that with faith in God there is no problem in life we cannot overcome.
- G. P., Pennsylvania

From the Mayan teachings I have developed a more positive attitude about life in general. I am able to cope with the stress of everyday problems and work them out in a calm manner. *- T. M., Ohio*

I look forward to my monthly instructions and my daily devotion at the Angelus hour. They have given me much needed strength during the past few years. *- J. W., Colorado*

Everyday is an opportunity to prove the Mayan instructions. I feel a new sense of peacefulness and I know that no matter what appears as an obstacle in my life, I have within me an Infinite Presence that is awaiting my call for the perfect solution. I have just begun to live.
- C. O., Missouri

My affiliation with the Mayan Order has opened the door to greater accomplishments for me. I have learned that whatever the mind can conceive, with faith the mind can achieve. I have been able to tap the power of my subconscious and get the desired results. My practice of the Mayan teachings will continue to be of great benefit in my life and the lives of other people around me.
- C. O, California

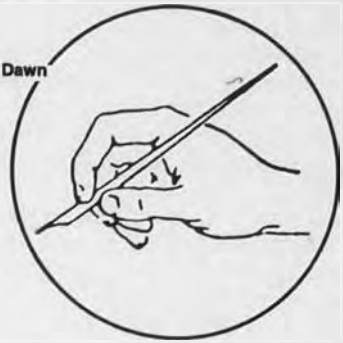
In faith, hope and expectancy for life's fullest riches by following the Mayan Path, my way has been lit with a bright light of more enduring hope for success in all my endeavors.
- S. G., Florida

Your inspiring words of wisdom helped me when I was confused about life. I feel deeply grateful for your encouraging words when I needed help. May God bless you richly for helping people find God and life.
- M. H., Texas

The Mayan teachings build an inner strength that one can draw upon. There is a great deal of hope pervasive in the Mayan teachings. I have been carried through some emotionally-draining times because the teachings are uplifting and energizing.
- J. B., New Jersey

The Mayan Revelations have been a constant source of inspiration, as they show new things to think about,

– gathered from the mail by Rose Dawn



new ways to open avenues of discoveries and new methods of becoming more aware of deeds we can use to shape our own lives. I see a much more clarified meaning as I read, study and work with the Mayans.

- L. S., Florida

Never before have I felt such peace and joy in my life. I am helping others whenever and wherever a need is presented. The comfort and smiles from those others is a very rich reward indeed. Thank you for helping me find direction in life.

- S. L., New York

How blessed I feel at having been chosen to be a Companion in the Mayan Order. So many blessings have come to me with the enlightenment of the studies and literature you provide. I join in prayer with you each day. *- M. T., Missouri*

I think better and have a positive attitude toward everyday problems. People are more pleasant to me and I trust more readily. Peace is with me wherever I go. *- R. C., Indiana*

Becoming a Mayan has been one of the most blessed things to happen in my life. The teachings are very inspiring and rewarding.

- W. D., Texas

Waves of love wash over me and fill my very being with light and gladness whenever I join in thought with the Mayan Order. I do humbly thank you for your prayers and the continued support that is always there, as we go on in peace and thanksgiving for the many blessings.

- L. C., Oklahoma

A renewal of spiritual confidence and a deeper understanding of human life have come to me as a result of the Mayan teachings. My external life is still hard but now I am not afraid to tackle problems straight on; the Mayan teachings help with this. I look forward to the lessons every month.

- E. R., Ohio

I have been made aware of my thought patterns and have been training my mind to dwell only on positive and constructive ideas. This has allowed me to feel better about myself and has created an optimistic personality that other people around me find contagious. *- D. K., Illinois*

NEWS & NOTES
(From page 6)
unwinds after the busy days, "I am getting my singing voice back and playing the guitar. When I become tired it seems to give me a lift of my spirits and a peacefulness comes to me."

From New York, Companion Eleanor Ford wrote about a situation involving her sister: "While praying for her and her situation, I had the *D.M.* in my hand and it opened to *'Like A Tool In His Hand'*. There was my answer to the way I was feeling: *"Do not fear for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you. I will uphold you with my righteous right hand.'* (Isaiah 41:10) Those were the sweetest words and I felt so much better. I felt that God was speaking to me. I was so excited." Companion Eleanor requests that we pray with her for the health of her sister Ethel, that God's way may be opened to her.

Companion Joe Obregon of California has made a decision for early retirement which is opening doors for a new career opportunity. At the age of 62, with 25 years in the field of Engineering, he is ready to make the change. "In my years I have obtained experience, knowledge, understanding and wisdom, yet I feel like a child entering a new school of learning and a great life's adventure," he writes. As a result of his Mayan studies, Companion Joe indicates he would like more involvement in the people business and entering the field of promoting seminars is high on his list of possibilities.

Four years ago, with only seventy-seven dollars and a will to succeed, Companion Ekere Essien now of Texas came to the United States. In that time, he has been able to pursue and complete a Masters degree program. He still has one more obstacle, which is passing the foreign medical graduate exam in the medical sciences. This will enable him to secure a license to practice medicine in the United States. With such determination, we know he will do well with God's guidance.

Companion Fran Christie of California, in the past year has been teaching a music appreciation class to nursing home residents. She incorporates all kinds of wonderful ideas with humor and joy, and with music in songs from the early this century to the present. Fifty-four years young, Companion Fran sings, plays the guitar and keyboard, and writes songs. She was a country music entertainer for a number of years and recently joined with another musician and they may go back into playing country music professionally. She asks our prayers for guidance within God's will.

From Ohio, Companion Linda Kyler has been working concessions. Even though it is a twelve-hour-day job, she enjoys the work. From that experience she has decided to take courses in small business management and food service management. She asks prayers for the healing of her health problem.

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Books by Rose Dawn

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Companion Mary Startari of Pennsylvania is busy caring for her husband who has had open heart surgery. He is doing exceptionally well and she is delighted. The mother of five children and a grandmother twelve times, Companion Mary always is needed by some member of her family. She, too, is an artist and designs greeting cards.

"Mexico, Splendors of 30 Centuries" is one of the biggest and boldest exhibits ever organized by the Metropolitan Museum of Art. The San Antonio Museum of Art will display the exhibit from April 6 to August 4. Covering a span of 2,500 years, the pre-Columbian section features works in stone, jade, ceramic, bone, shell, obsidian, stucco, wood and gold. Highlights include a Mayan ceramic cylinder covered with fantastic faces from the Temple of the Foliated Cross, Palenque, an elegant stone sculpture of a reclining man from Chichen Itza, and a 30-inch censer support. This is probably the best exhibit of Mexican art ever mounted by a U.S. museum and we are looking forward to experiencing its splendor.



At this time of year when we celebrate our Lord's greatest victory, over death and the grave, let us examine our hearts and pray for liberation from whatever maybe limiting us as persons whom Jesus came to earth to free. Let us then resolve that love will not be a word idly spoken, but a divine attribute evidenced in our lives. What joy will be ours on Easter Day when we bring this gift to Him!



As we partake of the wonder of newness around us in the glories of Spring, we send very special thoughts to those of our Companions whose birthdays start their new year of life. On this special day, nothing could be more uniting than the prayers of all our Mayan Companions sent heavenward. If your birthday is in March, April or May, please join us as a beautiful Spring morning breaks on your special day, and as we pray for you the following:

"Dear Heavenly Father, may Your hand of blessing be upon our Companions whose birthdays are today. Be present with abundant goodness, and reveal yourself to their hearts, sending Your peace, Your joy, Your strength. In Jesus' name we pray.

Amen

Special Days
on
Rose Dawn's Calendar

Palm Sunday	March 24
Good Friday	March 29
Easter Sunday	March 31
Mother's Day	May 12
Memorial Day	May 27